

Heart River **VOICE**

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APRIL 2024 | VOL. 6, NO. 4 | HEARTRIVERVOICE.COM

SEE PAGE 22
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A note to our readers

We live in an age when waiting is something to be avoided at all costs. This time of year, those of us who love spring are forced to wait whether we like it or not. Might as well make the best of it, sit back and relax with a cup of coffee, and read Heart River Voice.

There's plenty to do in our Calendar of Events (see pages 22 and 23). Choose an art class, listen to great music, or join in on a book club discussion. Movies and powerlifting (!) can help you escape for a little while, too.

Come explore our April issue while waiting out the remainder of winter.

Kelley Jilek
Publisher

On the cover

"Bloodroot" by Alicia Hauff. For more information about the artist, see page 5.



Hello healthy community.

We believe humankindness is at the root of all healing. It means being there for our community through thick and thin. Every step we take - whether it's a routine check up or an advanced procedure - is toward better health for you.



Welcome Spring
**Spring is a time to reflect
on the beauty of nature**

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#BOOKWORM

Celebrating libraries in April

By Cindy Thronburg



Every April we celebrate National Library Week. This year it occurs Sunday, April 7th through Saturday, April 13th, and the theme is "Ready, Set, 'Library!'" We have a lot of great activities happening that week to celebrate, and through the whole month of April.

A special program we will be having for National Library Week is called Book Ends & Library Friends. We will be having this on Thursday, April 11th from 5:00pm to 7:00pm. This is for ages 10+. Join us to decorate book ends and make your mark on your local library! We will have cookies, lemonade, and conversation with library staff. We have also invited members of the Library Board, Library Foundation Board, and the Friends of the Library Board.

We have lots of programs happening this April for all ages. We have some activities happening the whole family can enjoy together. We will be showing two movies this month. The first will be Trolls Band Together. This will be at 4:00pm on Friday, April 5th. The second movie will be a matinee movie on Friday, April 26th at 2:00 in the afternoon. We will be showing The Swan Princess. We will be serving popcorn at both of these movies. Feel free to bring your own beverage! Families can also enjoy LEGO Club. In April, LEGO Club will be on April 3rd and 17th, both at 4:00pm. Come and build to the suggested theme, or free build! We will also be having Pokémon Trading Club on Thursday, April 25th at 4:00pm for all ages. Bring your trading cards, your Nintendo Switch, or mobile device to trade with other Pokémon trainers! Find friends to play the trading card game, trade cards, or Pokémon themselves in this fun meet-up for all fans. Decks and basic instruction provided for play at the event, which will last approximately one hour.

There will be a Craftivity for ages 6-12 on Tuesday, April 2nd at 4:00pm. They will be making rain sticks. The S.T.E.A.M. group (ages 6-9) will meet on Monday, April 8th at 4:00pm to make

Peeps Parachutes. Sign-up is required for this program.

Tweens (ages 10-12) will meet on four Tuesdays this month (the 9th, 16th, 23rd, and 30th) at 4:00pm. This month they will be doing Wooden Bookmark Decorating, 3D Bug Art, Perler Bead Magnets, and CD Spinners.

Teen Crafternoons (for ages 13-18) will be happening on alternating Wednesdays and Thursdays at 4:00pm (April 4th, 10th, 18th, and 24th). This month they will be making DIY Bathbombs, Rubber Cement Watercolor Resist Art, Water Marbled Mugs, and Upcycled Bottle Cat Planters. Teen Advisory Group (T.A.G.) will meet at 5:00pm on Wednesday, April 24th.

We also have programs happening for the young ones this month! Besides the regular storytimes, we have a few special events happening this April. On Thursday, April 11th at 10:00am we will have a Little Tykes Drive-In Movie for ages 0-5. On Wednesday, April 17th at 5:15pm we will have Pitter Patter Club: April Tunes for Little Feet. This is for ages 0-7 and sign-up is required. We will also be having a Little Tykes Dance Party on Friday, April 19th at 10:00am for ages 0-5.

Adults have lots of programs to look forward to this April as well. On Monday, April 8th at 6:00pm we will have Adult Craft Club (ages 18+). It will be a Spring Paint Night. On Friday, April 12th at 5:00pm we will have our new Read Any Book Club. This is for ages 16+. Meet us at Dunn Brothers Coffee and talk with others about any books you have read. Give and get recommendations for your next read! Event will be 1 hour in length. The last 15 minutes will be optional silent reading, so bring a book if you'd like to participate! We will also have Adult Book Club (ages 18+) on Monday, April 29th at 6:00pm and we will be discussing The Boys in the Boat. We will have Adulting 101 (ages 16+) on Tuesday, April 23rd at 6:00pm. This month we will be talking about container gardening.

We have a couple of programs for ages 13+ The first is Thursday Night Trivia. This will be on Thursday, April 18th at 6:00pm, and sign-up is required. We will also have How to Art on Monday, April 22nd at 6:00pm. This month's focus is an oil pastel workshop. Sign-up is also required for this program.

Dickinson
AREA PUBLIC LIBRARY

National Library Week

Book Ends
&
Library Friends

Thursday, April 11th
5-7pm in the Community Room.

Join us to decorate book ends for the stacks. Enjoy cookies, lemonade, and conversations with the people that help the library flourish! Ages 10+

Leave YOUR mark on the library!
www.dickinsonlibrary.org

R.U.F.F. Readers is back! This program (Reading Unjudged to Furry Friends) will happen twice this month, Monday April 22nd and Monday April 29th, each at 4:00pm. Sign-up is required. This is for children ages 6-12 to come and read a story of their choosing to Sammy,

a pure-bred German Shepherd that has been trained as a therapy dog. Reading times are in 15-minute blocks.

As always, check our website and Facebook page for more events. You can also pick up an event calendar at the library. We hope to see you soon! ■

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COVER ARTIST

Alicia Hauff



Alicia Hauff

My mother would tell you that I've been a studious, curious person since I was very young. My head was always in the clouds, yes, but in my head I was identifying and learning all the cloud shapes and types. I'm endlessly curious, and any kind of science is my jam. Healthcare seemed to offer my science-brain and big heart a great match; and it did for a decade. Then I witnessed the endless array of problems with our healthcare system and social determinants of health, and it became



Alicia creating in nature

so maddening I couldn't do it anymore. My own health was suffering. I had been doing mixed media art for many years, and even took government/economics one summer so I could have a painting class my junior year. Friends and family asked me to paint them things all my life. Starting an art business was always in the plans, it just happened much sooner than I imagined. I have my steadfast husband to thank for gently prodding me to veer in this new direction.

But something magical has been happening ever since I said yes to this new journey. The initial stage I call my

'molting' stage was quiet, frustrating, and awkward. I didn't even know what kind of art I really wanted to make; the story of my life was, at the time, "What do I want? I don't even know right now." I needed to stop shouldering stuff that wasn't mine to carry and start following what sparks me alive.

As I kept showing up to build my business and create work, it's like it (my work, inspiration, creativity) showed up for me. The universe started dropping some major breadcrumbs on the trail, and I followed. Books, visuals, words, ideas, new classes I took, led me along—and what did I circle back to? Science, healing, and relationship in my work. Folks have told me they feel soothed viewing my work, a breath of fresh air. Today my practice focuses on ecology, natural history, and relationship. I create works on canvas with hand drawn subject matter, forage and cook wild ink, and print with plants. I keep learning, and sharing my explorations. ■



Hand drawn detail



Alicia in her studio

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Call for artists

Attention North Dakota Artists! Showcase your talent on the cover of Heart River Voice! We're seeking diverse artists to feature and celebrate the rich artistic talent of North Dakota.

Submission Guidelines:

- Submit your colorful artwork!
- Include a brief (300 words or less) bio highlighting your artistic journey.
- Send high-resolution images of your artwork and/or you, your family, you creating, etc.

Deadline: Anytime, but the 1st of each month would be best.

Selected artists will not only grace our cover but also receive exposure to our wide readership. Let's paint a vibrant picture of North Dakota's creativity! Submit your entries to kelly@thejileks.com and be part of this exciting showcase. ■

COMMUNITY

Power of 100 Women donates \$20,000 to Dickinson Dorcas Society

Power of 100 Women Dickinson, a local charitable group, met on January 22 to review three charities selected by their members to consider for their 30th quarterly donation. Power of 100 Women will be donating to just one charity for the remainder of 2024; then consider going back to donating to two charities each time.

Dickinson Dorcas Society was the charity voted for by members to receive their January donation. The Dorcas Society was established in 1909 as the first philanthropic and non-denominational society in Dickinson. The purpose of this organization was to extend a helping hand to families in need with special emphasis on the care of children. In 2009 Dickinson Dorcas Society celebrated their 100th year as a philanthropic society and 60 years of raising funds through their Fall Benefit. Members are assigned one to three families or organizations in need. They keep in touch with them throughout the year and provide help as needed, fostering bonds of understanding and friendship. Their first project back in 1909 was to procure and maintain a room in the Stein Hospital (later a similar room in St. Joseph's Hospital). Another early project was a Charity Ball netting them \$101.

Power of 100 Women Dickinson expanded the area for nominations from 501c3 charities to a 50-mile radius of Dickinson. Members have the opportunity to submit charities



L to R: Shirley Dukart, Carla Mortensen, Kathy Olin and Irene Schafer

for consideration at each meeting. Women in Dickinson and the surrounding area are invited to be a part of this group. Those interested in receiving more information can contact Shirley Dukart (701-290-2283) or Irene Schafer (701-290-3222).

Power of 100 Women's next meeting is scheduled for Monday, April 22 at the Dickinson Eagles Club. Prospective new members and guests are always welcome. No dues and no charge to attend. ■

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CHAMBER OF COMMERCE

Chamber annual banquet celebrates history and achievement



Young Professionals Best Place To Work recipients Badlands Big Sticks

Among many banquet events in our community, the 117th Annual Banquet of the Dickinson Area Chamber of Commerce stands alone in its longevity.

Over 175 attendees joined Chamber leaders at the Roosevelt Grand Dakota Hotel on Tuesday, March 19th to celebrate community history and achievement.

Executive Director Carter Fong outlined the year in review, and Board President Kyler Swan of Cornerstone Bank shared his perspective as well.

The program also included guest speaker Robbie Lauf, Director of Programming and Partnerships for the Theodore Roosevelt Presidential Library. Originally, Lauf was scheduled to be a panelist at the Chamber's State of the City Luncheon in January. When circumstances prevented him from joining us, he accepted the Chamber's Annual Banquet invitation instead. His presentation included many visuals depicting the future library, set to open in Medora in 2026.

From there, members of the Board of Directors recognized three finalists and a winner for 2023 Chamber Choice Awards in each of nine categories. Honorees are listed below:

Agriculture Businessman of the Year
Dr. John D. Rowe, DVM LLC
Agriculture Family of the Year
Delvin and Kelley Dukart
Business of the Year
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Shannon Halvorson, Onyx & Ivory
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Chamber Board Member of the Year
Kyler Swan, Cornerstone Bank
Chamber Volunteer of the Year
Bridget Bullinger, Home & Land Company ■

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COMMUNITY

National Volunteer Week



National Volunteer Week, observed from April 21-27, is a special opportunity to recognize and celebrate the incredible work of the people who volunteer with the Best Friends Mentoring Program. We are grateful for the volunteer mentors who make time each week to empower young people. We also want to recognize our volunteer board members, and those who volunteer at our fundraising events throughout the year. We appreciate the dedication, generosity, and kindness of these individuals who selflessly give their time to support youth in our community.

The impact of a mentor on a young person's life cannot be understated. By providing support, a listening ear, and offering guidance, mentors help shape the

future of our youth. It's a relationship that fosters growth, confidence, and a sense of belonging. The parents and teachers of students in the program see the impact mentoring can have. One parent stated, "The visits [with her mentor] always left my daughter feeling better about herself. Her mentor makes a difference in her life by just accepting her for who she is."

As we celebrate National Volunteer Week, let us take a moment to express our gratitude to all the volunteers who give so generously of their time and talents. Your dedication does not go unnoticed, and your impact is immeasurable. Thank you for making a difference in the lives of others!

If you would like to join us in empowering youth through becoming a mentor or by volunteering at events, visit www.bestfriendsnd.org or call us at 701-483-8615. ■





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COMMUNITY

Know the signs of child abuse



Child abuse thrives when good people decide it's none of their business. Less than 40% of children will tell someone about their abuse, so it's important to know the signs of child abuse and report any suspected abuse to the police or child protective services.

Know the Signs of Child Abuse:

1. Unexplained Injuries – Visible signs of physical abuse may include burns or bruises. Listen closely for unconvincing explanations of the child's injuries
2. Changes in Behavior – Abused children often appear scared, anxious, depressed, withdrawn or more aggressive
3. Returning to earlier behaviors – Be on the lookout for behaviors shown at earlier ages, such as thumb-sucking, bed-wetting, and fear of the dark or strangers.
4. Fear of going home – Abused children may express anxiety about leaving school or going places with the

person who is abusing them.

5. Changes in eating – The stress and fear caused by abuse can lead to changes in a child's eating behaviors, which may result in weight gain or loss.

6. Changes in sleeping – Abused children may have frequent nightmares or have difficulty falling asleep, and as a result may appear tired.

7. Changes in school performance and attendance – Abused children may have difficulty concentrating in school or have excessive absences.

8. Lack of personal care or hygiene – Abused children may be consistently dirty and have severe body odor, or they may



lack sufficient clothing for the weather.

9. Inappropriate sexual or risky behaviors – A child may exhibit overly sexualized behavior or develop substance abuse.

Visit www.dakotacac.org/the-issue-of-child-abuse to learn more about prevention and how to report abuse. ■

VOICING SOME THOUGHTS

Puzzle "peaces"

By Nancy Hoff

Life is a puzzle. I came to this realization when I pulled out a jigsaw puzzle to work on during hibernation days of winter. You first must create the boundaries, a foundation. Then you find colors or pieces that seem to fit certain areas. Some fit perfectly, with ease. Others seem to fit but cause all the pieces around to buckle. It may take some time and coaxing, but if it is truly the right piece, it all comes together. Sometimes it is totally wrong, and I have been trying to force it in; it will never work...if it's not meant to be there. Many times, it just has to be turned around in a different direction – and then fits.

Other times, it just magically fits...

after you have picked the same piece up many times and it didn't seem to work.

It takes time. You cannot rush a puzzle...it requires patience, perseverance, flexibility. It requires a break when frustration sets in. It will be waiting when you come back refreshed. And it is truly the very best with another – teamwork, a shared goal, enjoying each other.

How much better it would be if we approached life like a puzzle. If we allowed all colors to blend together. If we adjusted when things did not work to our liking or discard what wasn't (helpful). If we looked at a problem from a different perspective...or view. To admit that maybe our insistence was not correct, we may have to adopt a new piece. If we all worked as a team, allowed each other in and find an answer in a lovely (picture), completed a common goal, completed "peaces". And all the "peaces" would fit together. ■



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EDUCATION

Alvin Chalupnik's generosity lives on through planned giving to DPS Foundation



Alvin A. Chalupnik, a beloved member of the Dickinson community, passed away on April 10, 2023. Alvin's commitment to his community and his passion for education will be honored through his planned giving to the Dickinson Public School (DPS) Foundation.

After his military service, Alvin worked for the Dickinson Public School System for 40 years, first in the Central Office and for many years as a custodian at Roosevelt Elementary School. He retired in 2011 but continued to stay active in his community.

Alvin's commitment to education and his community is exemplified by his decision to leave a legacy gift to the DPS Foundation. His generous contribution will support educational initiatives and programs that benefit students in the Dickinson area for years to come. The first project in his honor will give Roosevelt Elementary \$10,000 to put toward an outdoor classroom.

Board member, Jay Bleth, remarked, "It's amazing for me to think that Alvin, the man I remember taking care of the kids at Roosevelt 40 years ago, the same year I transferred to Roosevelt, cared



so much for the students at Roosevelt and Dickinson Public Schools that, unapproached, he remembered the Dickinson Public Schools Foundation in his planned giving and trusted them, still a small and fairly new organization some twenty years ago, to continue his legacy of caring for the students of Dickinson. So, for me, it's very special and a great honor to support this project and remember Alvin Chalupnik and his dedication to the students of Dickinson."

For more information about planned giving, please contact Karen Heidt at kheidt@dpsnd.org. ■

GOING POSTAL

Celebration Blooms

On March 22, the United States Postal Service issued a pair of stamps picturing vibrantly colored illustrations of flowers by artist Kim Parker of Brooklyn, N.Y. Veteran Postal Service art director Derry Noyes collaborated closely with Parker during the design process.

Send a message of love and joy or a subtle message of happiness with this fresh and vibrant little gem of a stamp.

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As you know, interest rates have risen considerably over the past couple of years.

But what does this mean to you, as a consumer and as an investor?

From a consumer's standpoint, it's not hard to see the effects of higher interest rates. If you want to take out a mortgage or refinance an existing one, you'll find that it's considerably more costly, in terms of the interest you'll pay, than it was a few years ago. And the same is true of car loans and credit cards. Paying these debts at higher rates can affect your cash flow, so while rates are high, you may need to make some important decisions about your overall budget and spending plans.

As an investor, though, you may find the effects of higher interest rates to be somewhat more complex. That's because higher rates can have a different impact on different types of investments, such as stocks and bonds.

When considering stocks, be aware that not all market sectors will respond the same way to higher interest rates. For example, the financial sector, which includes banks, insurance companies and brokerage firms, may benefit from higher rates. On the other hand, smaller technology companies, which still must invest heavily in their businesses, may not do as well due to rising interest rates making it more expensive for them to borrow. And other sectors will respond differently to higher rates. Keep in mind, though, that there's great variance within sectors and among companies, so when you consider purchasing stocks, evaluate each choice on its merits and make sure it fits within your risk tolerance, time horizon and need for portfolio diversification. When you diversify your investment dollars, you can reduce the risk of market volatility affecting just one type of asset, although diversification by itself can't protect against all losses.

With fixed-income investments, such as bonds, interest rate movements can have significant and direct impacts. When interest rates rise, the value of your

current bonds will likely fall because new bonds can pay higher rates. However, you can also buy bonds at the new, higher rates and benefit from bigger interest payments.

Still, there's no guarantee that interest rates will stay elevated – in fact, the Federal Reserve has indicated that it might actually start cutting rates in 2024 – which is why it may be a good idea to build what's known as a “ladder” consisting of short-, intermediate- and long-term bonds. Once you have your ladder in place, you'll have some protection from interest-rate movements. So, if rates were to keep rising, you could reinvest the proceeds of your short-term bonds in the new, higher-paying ones. But if rates level off, or even fall, you'll still

benefit from your longer-term bonds, which typically (but not always) pay higher rates than short-term ones.

Of course, if you hold your bonds until maturity, you will continue to get the same interest payments, regardless of where market rates go.

In any case, it's useful to be aware of what's happening with interest rates — the more you know about the factors affecting your investments, the better off you'll be.

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

Edward Jones, Member SIPC ■

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LESSONS IN BUSINESS

Leadership Rising Conference

By Debora Dragseth, P.D.

International leadership expert and author John C. Maxwell said, "Leadership is not about title, positions, or flowcharts. It is about one life influencing another." John C. Maxwell's words, emphasizing the personal nature of leadership, resonate deeply in today's interconnected world. The Inaugural Leadership Rising Conference will explore the impact of individual leadership influence.

Organized by Dickinson State University School of Business & Entrepreneurship, in collaboration with Baker Boy and the Theodore Roosevelt Honors Leadership Program, the conference promises to be a groundbreaking event in the field of leadership development.

Held on the Dickinson State University campus, the conference is supported by the North Dakota Economic Diversification Research Grant, highlighting the state's commitment to fostering leadership and economic growth.

The event's format is a half-day session from 9 a.m. to 11:30 a.m. (MST) on Tuesday, April 23rd, 2024.

Our speakers bring a diverse range of experiences and insights. We are excited to offer this opportunity for individuals to come together, learn, and be inspired. The goal of the Leadership Rising Conference is to support upcoming, nascent, and seasoned leaders.

Featured Speakers include:

- Command Sergeant Major Scott Obrigewitch: With a distinguished military career, including experiences during significant historical events and leadership roles in the US Army and ND National Guard, CSM Obrigewitch with his extensive military background, offers a view of leadership shaped by discipline and critical situations. Obrigewitch will be introduced by Guy Moos, President of Baker Boy.

- Scott Molander (Special Recorded Message): Co-founder of Hat World/Lids, Scott is a testament to entrepreneurial

success. His journey from a simple retail concept to a multi-million-dollar empire is a story of innovation and leadership. Molander will be introduced by Carter Fong, Executive Director, Dickinson Area Chamber of Commerce.

- Nancy Sprynczynatyk, LPC-MH: With over 25 years in mental health, human resource management, and education, Nancy's expertise spans numerous roles including mental health counseling and disaster relief. Her global leadership perspective is enhanced by international missions, making her an asset to our conference. Sprynczynatyk will be introduced by Marivern Easton, Director of the Theodore Roosevelt Honors Leadership Program.

Registration is free but required. Secure your spot by April 16, 2024. The first 100 V.I.P. registrants will receive a complimentary gift.

Register at www.dickinsonstate.edu/rising

Group Registrations: For group reservations of more than 5 tickets, please contact Luke Heiser at luke.heiser@dickinsonstate.edu or Emma Welch at emma.welch@dickinsonstate.edu.

We eagerly anticipate your



L to R: Lorelei Jarret, Heather Cabral, Cheyenne Jacobs, Dr. Debora Dragseth

participation in what promises to be a transformative and enriching event. Leadership influence is not just about managing tasks and achieving target goals; it is about inspiring, and guiding others.

Debora Dragseth, Ph.D., is the Baker Boy Professor of Leadership at Dickinson State University. Her monthly column offers practical solutions to common workplace issues. ■

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KUDOS

Laurae Dykema



"Music, once admitted to the soul, becomes a sort of spirit, and never dies."

~ Edward Bulwer-Lytton

The love of music moved Laurae at an early age. An influential teacher in her hometown in Saskatchewan, Canada, inspired something special in her. Soon opportunities opened up until she was eventually recruited and given a scholarship to Dickinson State University. Here she met her other lifetime love, a

trumpet player named Les.

It's no surprise that Laurae chose to teach elementary music within Dickinson Public Schools for over 26 years and private voice lessons for 10. The difference one teacher made in the course of her life stirred her to do the same: share her love of music with as many as possible, through multi-faceted means.

Laurae was instrumental in bringing World Drumming to our students, authoring a grant in 2017 to get a set of drums for Berg. As she attended world music seminars training around the globe, interest only grew among the students. Soon after, she was able to add Marimbas! Currently, Dickinson has two Marimba ensembles, Mbili and Ubuntu, which are the only ensembles in the entire state.

"Whether they participate as artist or audience, I want people to fall in love with music," says Laurae.

For her, World Drumming and marimba are a way to pass along her deeply held conviction: that every culture brings something of value, worthy of respect and honor.

"I love culture. We are such a melting pot here and every culture has so much to offer," she exclaims. "We just need to be willing to listen."

Being Canadian-born, Laurae is sensitive to the journeys of her foreign-born students. Marimba and World Drumming have built bridges with kids from Madagascar, Cuba, and African countries.

While officially retired in May 2023, Laurae continues to lead and showcase these two unique - and extraordinary - ensembles around the state.

The legacy she leaves with her students is unfathomable. She's mentored future music teachers, taught countless lessons, and perfected innumerable techniques. The intangible gifts of her patience, joy, openness to others, and love of culture have left an even greater impact on our entire community.

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



Laurae Dykema

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 wewnetwork.org ■



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HEALTH

Connecting to the generations



Tara Zettel

By Tara Zettel, RN, Executive Director

I've always been fascinated by the unique concerns and priorities of those born into various "generations." This understanding can help Connect Medical's medical team understand and respond to patient needs, improve services, and foster greater connection with our low- and no-cost services.

According to a quick OpenAI, Generation Alpha (those born in 2010

to today) prioritize environmental stability, inclusivity and diversity, and community and connection. They are the first generation to experience remote classrooms, streaming services, and portable digital devices from early childhood. Their healthcare needs focus on healthy development, safety, and mental health support.

Gen Z/Zoomers, born in 1997 - 2010, are either entering their teens, college years, or the workforce. Some of their concerns are social justice, financial stability, and community and connection. This generation is entering the early reproductive years, for which Connect Medical offers puberty education, cycle tracking for family planning, and pregnancy/sexual health testing.

Millennials proceed Gen Z, born between 1981 and 1996. Now in their late 20s and early 40s, they prioritize financial security, work-life balance, and mental health. Still in their prime to late reproductive years, they can benefit from Connect's Well-Woman & GYN services, pregnancy/sexual health testing, and pregnancy and parenting support. As this generation's women move into perimenopause, our Cycle

Care services are here to support them and their hormonal health from a holistic perspective.

Gen Xers are those born 1965 - 1980, making them in their mid-40s to late 50s. This generation is balancing their own financial stability while caring for their aging parents and their own children. They are also aging themselves and becoming more engaged in the healthcare system. Connect Medical can support Gen X by being a safe, accessible

provider for their wellness annual exams and cycle health and offering our services to their children and grandchildren.

Connect Medical Clinic is dedicated to providing evidence-based medical services, education, and support in a respectful, professional environment. We believe everyone deserves access to care and everyone deserves to be nurtured and cherished. You can learn more about our services to men and women at connectmedicalclinic.com. ■

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HEALTH

Long COVID

By Steve Irsfeld

What happens when you contract the COVID virus, and what goes on in your body to make these side effects linger? Most viruses enter the body via the respiratory system, coming from our mouth or nose. Once established in these areas, they tend to multiply quite quickly. Covid can initially present as an upper respiratory infection or the common cold. Once Covid is found in these areas, it can spread to other sites, including the lungs.

What is Long COVID? The CDC defines post-COVID conditions, also known as Long COVID, Long-hauler Syndrome, or Post-COVID Syndrome, as new, returning, or ongoing health problems appearing after being affected by the virus. The WHO definition is a little different, indicating that long-COVID usually occurs three months from the onset of COVID-19 with symptoms that last for at least two months and can't be explained by an alternative diagnosis. The symptoms may have persisted since the initial illness, gone away and reappeared, or be new.

Studies show that 10-50% of patients may suffer from ongoing effects after contracting the virus. The most common symptoms of long COVID include prolonged malaise, headaches, generalized fatigue, sleep difficulties, smell disorder, hair loss, painful joints, decreased appetite, shortness of breath, chest pain, and cognitive dysfunction. These symptoms have been seen in patients post-COVID infection and those who have received the vaccine.

Every day at the pharmacy, we hear from patients who don't recover fully after having Covid. These patients get over the initial infection yet continue to have random symptoms. More severe symptoms can include heart failure, blood clots, neurological signs, psychiatric symptoms, and auto-immune diseases.

Long COVID likely results from a variety of mechanisms. Furthermore, delayed treatment in the early symptomatic phase is expected to result in a high viral load (high spike protein load), which increases the risk and severity of long COVID. The following theories have been postulated to explain long COVID:

- Ongoing respiratory symptoms may



be related to unresolved organizing pneumonia.

- Persistence of viral debris in monocytes and microglia results in an ongoing inflammatory response in an attempt by the immune system to clear the offending protein and viral RNA fragments.

- The neurological symptoms may be related to micro- or macrovascular thrombotic disease.

- Due to molecular mimicry, the spike protein results in a vast spectrum of autoantibodies, many of which are associated with neurological complications.

- An unmasking or triggering of mast cell activation syndrome.

- Immune suppression with reactivation of dormant viruses or reactivation of chronic bacterial infections.

The following basic tests are recommended:

- CBC with lymphocyte count and CD8+ count

- Chemistry with liver function tests
- CRP (inflammation)
- Ferritin
- D-dimer
- Early morning cortisol
- Thyroid function tests
- HbA1C—long COVID patients are at an increased risk of developing diabetes
- Autoantibodies: antiphospholipid antibody and ANA
- Reactivated viruses: Antibodies/PCR against EBV Herpes I/II and CMV
- Vitamin D level

These tests can provide some clues as to how treatment can be designed. Any provider can easily order the tests.

If Long COVID is accurate and not something "just in your head" and you're not getting the necessary treatments to help turn you around, you may need to align with a provider who will take you seriously and help you find solutions to bring you back from the infection.

If you want more info on long covid and to schedule a consultation, call the pharmacy @ 701-483-4858 or stop in. Visit my website at irsfeldpharmacy.com to find other archived articles. Until next time, be vigilant about your health! ■



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D.P. Abbey: Missionary, newspaperman, hustler, Part 2

By Bob Fuhrman

'Hustler' is a word that shows up in print fairly often in the early part of the 20th century. Around these parts, 'hustler' and 'hustling' were often used in newspapers to describe a person who is vigorous in the pursuit of legitimate, though sometimes unorthodox, business opportunities. He may be a 'sharp trader' but never a cheat or scoundrel. But there is also a negative connotation to 'hustle' and 'hustling' that goes back to at least the 1825 edition of the Oxford English Dictionary which defined a hustler as "one of a gang of pickpockets who jostle a person."

Both the Dickinson Press and the Fargo Forum newspapers use these terms to describe D.P. Abbey in 1906, though it should be noted those descriptions were of a positive nature and were published before Rev. Abbey fell afoul of the law. But, before we continue our account of Abbey's time in North Dakota and his 'hustling' activities (both good and bad), let's try and answer the question, "Who was D.P. Abbey?"

David Purdy Abbey was born on September 18, 1867 in Boonville, New York, the first child of David (a farmer) and Sarah Abbey. The family left New York c.1877 for Missouri before finally settling in Montgomery County, Iowa sometime between 1881 and 1885. It was probably in Iowa that Abbey became a clergyman (his schooling is never mentioned in any of our sources) and then married Emma Moats in 1890. The Abbey family eventually included nine children born between 1891 and 1906 though it appears one was probably adopted. It is through the published ministerial assignments from regional Methodist Conferences and the

birthplaces of the Abbey children (from on-line genealogical records) that we trace Rev. Abbey's ministerial locations: Kansas 1891-93; Arkansas 1894-1900; Iowa, 1901-03, then Stark County, North Dakota in 1904.

Abbey's first few years in Stark and Hettinger Counties (see Part 1) seemingly saw the end of his ministerial career. The last mention of his work in the Methodist Church was carried by the Press in July 1906 and later articles often mention his status as a former preacher. Nonetheless, Abbey seemed to be trying to resurrect his image as a 'hustler' – in the positive sense of the word – in October '06, a month after giving over virtually all of his family's possessions as security on debts owed, Abbey bought Albert Peterson's photographic studio in Taylor, from which Abbey would be publishing his Taylor Topics newspaper. The fact that Abbey left Stark County just six weeks following the studio purchase with several of his creditors still unsatisfied (despite the disposal of his personal effects at a January Sheriff's Sale, which included the sale of the Richardton News) leads one to wonder if Peterson ever collected his studio sale price.

Then, from January 26, 1907 to January 11, 1908 D. P. Abbey disappeared completely from any United States newspapers digitized by the Library of Congress' Chronicling America project. But, on January 12, 1908, Abbey reappears, this time in the newly-founded town of Marmarth, North Dakota, via the Golden Valley Chronicle: "Marmarth is well supplied with newspapers in her youth. We understand (D. P.) Abbey, of Mott, is

getting ready his first issue for a paper to be called the Enterprise. He intends having it printed at Hettinger."

There is no record of Enterprise printings but we know Abbey did stay in Marmarth for a time. In March of 1908 a serious allegation against Abbey was carried in North Dakota papers where it was reported he'd been arrested for an incestuous assault of a daughter. The Dickinson Press' brief item on this incident did give Abbey the benefit of a doubt ("if reports be true...") but still managed to call out the man's earlier transgressions, "His role as embezzler and store burglar in this county is nothing when compared to the enormity of the present crime, against his 16-year-old daughter."

Fortunately for Abbey, it soon came to light that the complaint sworn out by his daughter was actually made against a man named Martinka who was apprehended but managed to escape. Abbey himself was reportedly carrying a warrant for Martinka's arrest and would "see him punished to the limit of the law whenever he is again captured." In the end Martinka seems to have disappeared and the Press never clarified what store it was that Abbey allegedly burglarized.

In April '08, a month after the Martinka incident, Abbey is working out of Bowman, running The Enterprise Employment Agency (with a second office in Marmarth, supposedly). In addition to finding you work or supplying you with workers, Abbey's agency could also help you buy or sell items and reunited owners with stray stock – "Call or write to. D.P. Abbey, Manager, Box 172, Bowman, N.D." – his notice being carried in the Aberdeen

Democrat out of South Dakota. As his Enterprise newspaper seemed to have died an early death, in May Abbey was at it again – returning to Mott with his family:

Mott has a very sensible class of people who are practically a unit in refusing to have anything to do with the Hettinger Co. Dynamo, a defunct paper resurrected last week by D.P. Abbey. The people of Mott and vicinity have a most excellent paper in the Mott Pioneer Press and to divide the patronage would only tend to tear down the present good service Editor Irysh is giving his readers and at the same time pave the way for dissension. – Dickinson Press

After the failed restart of the Dynamo, Abbey disappears from state newspapers for another three years (the 1910 census showing him farming at Mott) before popping up in 1911 in a tiny item in the Fargo Forum: "Abbey, who started newspapers in the western part of the state, is reported to be looking for a site along the Great Northern (railway) cutoff between Fargo and Minot." Then, in 1912 Abbey looks to have finally found something in the eastern part of the state to sink his teeth into at Krem, North Dakota, where he secured a quarter section of farmland with house, barn and well (it is believed his family stayed on the Mott farm with eldest son Ralph running the spread).

Settled by Germans from Russia, Krem (a take-off on 'Crimea') was located about 8 miles northeast of Hazen and had once been seriously in the running to become the new seat of Mercer County after the courthouse in Stanton

Continued, next page

Continued from page 16

burned in '05. Even though that effort failed the locals were still clamoring to boost Krem and in June 1912 a meeting of "progressive Mercer County farmers and business men...for the purpose of organizing a local branch of the Missouri Slope Development League" was held. Officers were elected and committees formed, including the Committee on Advertising which included David Purdy Abbey, also identified as editor of the German-American published at Krem.

Despite getting involved in the Development League and securing a notary public commission at Krem, less than six weeks after joining the advertising committee Abbey was preparing to move on once again, offering his farm, machinery and livestock for \$5,000 (half cash) "for quick sale" pursuant to returning to Mott where it was announced he would be engaged in the real estate business.

Abbey's return to his family in Mott at the end of August 1912 may have been a stressful homecoming. The previous month Abbey's son Ralph had been arrested for stealing a coat from a party at the William Colgrove residence, the wayward garment actually belonging to his host. A claim by Ralph that he had come to the party in a similar coat "was proved absolutely false" and led to his conviction and \$20 fine. At this point the Abbey name again largely disappeared from local news columns until the next January when Ralph was again arrested, this time for stealing a horse. A warrant was sworn out but Ralph had flown the coop by the time deputies arrived to make their arrest. The Press' account recounted the coat theft and ended thusly, "The Abbeys are a bad lot. The old man was arrested some years ago in this county for his crooked dealing."

Things were quiet again for some time until October 1914 when tragedy struck the family, a blaze destroying their farmhouse and household goods, along with the farm buildings and 200 bushels of grain. No value of loss or insurance coverage was reported in the Fargo Forum, which, oddly, was the only North Dakota paper that carried the story. How the family made their way after the loss was also not reported and no substantial news of Mr. Abbey's

activities appeared again until December 1915 when he was again starting another newspaper, this time entitled the Havelock German-American. Said newspaper was soon (March 1916) characterized as 'erstwhile' in a Sioux County Pioneer (Fort Yates, N.D.) piece reporting Abbey was starting another newspaper, called the Sioux County Signal, (printed in Minneapolis, of all places). Commenting on Abbey's arrival in Sioux County the President of the Sioux County Voters League reportedly considered Abbey "an un-invited interloper." It was also noted "that Rev. Abbey is traveling incognito, as his paper flies the name David X. Barnes at its masthead.

Shortly after the Sioux County Signal announcement the Hazen Star reported that Abbey's Havelock German-American "had given up the ghost and his paper has died a natural death. Abbey, through his hypocritical methods will never make a success anywhere and may just as well go and shuffle off as his latest publication did." Two days after the Star's pronouncement the Dickinson Press informed its readers that while operating in the Mobridge, S.D. area Abbey "is reported as having passed many worthless checks drawn on a bank in Hettinger County. He also had an Indian soliciting subscriptions for him for some paper and picked up a considerable sum of money in this way."

The subscription scam was not well received, the May 25th, 1916 Ward

County Independent noting "People living in Sioux County at Selfridge and Fort Yates would like to see D. P. Abbey rounded up..." a feat not finally accomplished until August of 1917:

clear that he was not prosecuted for his Wyoming crimes and that old warrants were still on the books back in various North Dakota locales.

The rest of Abbey's life comes to us in

snippets of information from newspapers far and wide. By 1923 he is out of the asylum and launching the Ringling Booster in Ringling, Oklahoma – as only one edition of the publication survives in the Oklahoma Historical Society we wonder, was this the only edition ever printed? Given his track record, it seems likely. In 1925 he is in Wallace County, Kansas where he failed to make a Fairport School appearance to "deliver an agricultural address" and several settings of eggs for the Boys and Girls Chicken Club. In Kansas he also published the Wallace County News, characterized as a Kul Klux Klan 'mouthpiece.' How long he stayed in Kansas is unknown, nor do we have any information on the last 12 years of his life, though it appears that he likely abandoned his family. In 1920 his wife Emma is running a farm in Hettinger County and the Census listed her as 'married.' In the 1930 census, seven years before Mr.

Abbey died, Emma reported herself to the census enumerator as 'widowed,' still running the farm with the help of son Ralph who eventually took it over. Our last news for David Purdy Abbey is that he was buried in Riverside Cemetery, Denver, in an unmarked grave in the cemetery's potter's field. Emma, who died in 1955, rests in Mott's Sunny Slope Cemetery. ■

MUCH WANTED MAN LANDS IN ASYLUM

Mott, N. D., Aug. 30.—D. P. Abbey, known from one end of the slope to the other, wanted in many places, former preacher, editor, farmer, politician, schoolmaster, real estate dealer and all other known trades, has reached the end of his rope. Information reaching here says that Abbey was adjudged insane at Casper, Wyo., and has been sent to the state asylum for insane at Evanston, Wyo.

It appears that Abbey has been up to his old tricks again, writing checks on banks in which he had imaginary deposits. He is a well known character here and it was not long ago that he chartered a special car on the Northern Pacific, running it out from Minneapolis with a number of land-seekers, and giving a worthless check to the railroad.

**Grand Forks Herald,
Thursday
August 30, 1917, Page 3**

The Dickinson Press, where we first met Abbey in 1904, reprinted a long article from the Mott Spotlight that summed up Abbey's career and noted that during his insanity hearing he "stated that he thought at times he must be insane and at other times he would be in his right mind." No details of his commitment were reported but it was



Heather LaBree

🏠 Edgeley, North Dakota

🎓 Dickinson State University
Bachelor of Science in Exercise Science

Spring 2025

For twins, a first event can be a slightly different experience. In the case of Heather and Hannah Labree, this event was choosing their first horse. Heather Labree remembers things slightly differently, “I don’t recall we got a choice, but maybe Hannah did,” shared Labree, recalling going to the corral the day her mother’s horse Tidy was handed down to her. “Hannah always had a sorrel, and I always had a palomino, so that just was the way things were for our first and second horses,” stated Labree.

The Labree twins before that shared a bouncy horse in the shop where their father did a lot of work on the ranch. Like most children raised on the ranch, the Labree twins spent a lot of time shadowing their parents in their daily tasks. “Our dad sometimes used some colorful language when we were working cows, and my sister and I picked up on it.” Labree shared with a chuckle, “We were fighting over the bouncy horse calling each other things we probably didn’t know what they meant. Our dad would hear us and laugh and laugh.”

It made sense that Heather would have her own horse one day. Tidy was the perfect fit for her too. Tidy was raised by Labree’s mother from a colt, trained on the ranch and in rodeo, and was a trustworthy starter horse. “Heather’s great grandpa Doran and I went to Sterns Quarter horse sale and bought 2 weanlings. I picked Tidy and her aunt Terri Raye ended up with a horse she named Kitty.” shared Labree’s mother. “I trained her, showed her through the 4-H Colt to Maturity, and many other shows.” Labree’s mother rodeoed on Tidy throughout high school and college, competing mostly in team roping as a header, breakaway roping, Goat Tying, Pole Bending and Barrel Racing. Tidy was at her best during roping events.

Heather would ride the palomino mare in her first rodeo, where she competed in Barrel Racing, Pole Bending, Flag Race, and Goat Tying.

Labree, an outstanding roper now, would not rope from Tidy. Not for the lack of wanting to, but because her parents instilled the importance of knowing the basics from the ground. As she was just getting started on the back of a horse, like her sister Hannah, Labree rode without stirrups.

Tidy could have a bit of a spark once in a while, having served for years as Labree’s mother’s barrel horse. Labree remembers one distinct day when old Tidy decided to turn up the speed unexpectedly, leaving her on the ground. “I was going around the last barrel to head towards home and she shifted gears on me. I stayed at third and she was by the out-gate. I wasn’t hurt, but I walked back crying. My uncle met me at the gate and said my mom would want me to get back on. So, I guess they made me try again.”

Like many children with their first horses, the life lesson of getting back up when you are knocked down stuck with Labree. This grit is what she carries

My First Horse

By Dr. Holly Gruhlke



First horses are not only a good source of fun for their riders, but can also provide some really great life lessons. This type of education, learned in a pasture, on a prairie, or in an arena, can last forever, and serve as a mechanism for building grit and tenacity.

with her in everything she does, including in the classroom, on the basketball court, and in the rodeo arena as a standout student-athlete.

Hannah and Heather would often ride their horses close to home together. “I do remember riding the shelter belt like my sister shared. We would pretend to be jockeys and race end to end. We were pretty wild.”

While Heather was a good yard jockey, her parents were not yet confident in their 4-year-olds’ ability to move cattle out in the pastures despite having good mounts between the two sisters. Heather was asked to stay close to where her folks could see her as she was learning the ropes of driving in the herd. “We were getting pretty confident, but I still stayed close to dad. I remember we had gone out a few times and saw what our parents did. Hannah knew we were always supposed to check over the hill for any stragglers one last time before we moved out of the pasture. One day, she just took off, saying she was going to check the hill. Dad was a bit stunned and looked at me and said, ‘Well, if your sister comes back we are good; if not, we will have to go and look for her.’ We just laughed it off.”

Heather learned to take educated risks with the experiences with Tidy, and also how to have a lot of fun. Heather’s younger sister Heidi looked up to older siblings and would often ride double on Tidy or Hannah’s Taz when they weren’t busy moving cows. Tidy was an all-around kid’s horse.

As Labree got older, Tidy would be put out to pasture to live out her days. Tidy had many colts and was a great member of the Labree Ranch team. Most of all, the palomino mare forever holds a special place in Labree’s heart as her first horse.

Heather Labree breakaway roping on the DSU rodeo team





Hannah LaBree

🏠 Edgeley, North Dakota

🎓 Dickinson State University
Bachelor of Science in Agricultural Studies
Spring 2025

Your first horse can help you decide if you have a passion for riding according to Hannah LaBree, a junior agricultural studies major from Ekalaka, Montana. LaBree shared, “Throughout your life, you will have a lot of horses come and go, but your first horse leaves a lasting impression.”

This lasting impression for LaBree came from a horse named Taz. Named after the cartoon character, Taz was nothing like his namesake, as he was calm and gentle. LaBree picked him out from the herd when she was four years old. Her twin sister Heather was with her and selected a horse for herself.

Taz was her parents’ old horse. Taz was a sorrel gelding with a thin strip down his face. His personality meshed with Hannah, and the two became quite the team on the ranch.

LaBree would have fun riding him around for hours in the shelter belt of trees that surrounded her house. Hannah had easy access to Taz as he was in the pasture closest to her yard. “We would shake a bucket of grain and he would come in. My parents usually had to help me halter him, and then we would go for a ride.” Hannah remembers. “We were pretty wild riding around the yard and would fall off and be laughing. Then the hard part was getting back on.” To mount Taz, they would find a bucket or a fence post and try to get him to stand. Taz liked to step away at opportune moments and tease the kids trying to get on him. An older horse at that time, he was very quick-witted. Taz loved his rider as much as they loved him.

LaBree shared that her parents taught her to ride without stirrups. They felt this would help develop horsemanship and avoid the possibility of dangerous hang-ups. LaBree was happy to have a horse of her own, as she spent the previous

years riding with her parents on their horses. Taz gave her the independence she was ready for.

The LaBree children, with their own horses, were then able to help their parents with sorting pairs for fall shipping. Hannah recalls being excited to go, even though the day would turn out to be quite eventful. “Heather and I were supposed to keep this one cow pinned in a corner while our dad was sorting the calf,” shared Hannah, “doing what siblings do, we got into an argument, and pretty soon we were in the corner, and the cow was gone.” Understandably, their father wasn’t too pleased. “He was probably pretty annoyed that these two eight-year-olds weren’t much help,” shared LaBree, “To cut the tension I asked him if we had our heads back on straight yet while we were riding home. He laughed and laughed at that one.”

When LaBree wasn’t busy helping her folks with the cows, she was following in her mother’s footsteps, pursuing a passion for rodeo. LaBree’s mother, Cam, was successful in the sport in her own right. Taz helped Hannah grow this enthusiasm by being a really trustworthy and patient horse. “Taz made ranching and rodeo a lot of fun. I learned a lot when I was riding him.” A member of the DSU Rodeo Club, LaBree still works with and trains her horses for different events.

LaBree would have Taz until she was 10 years old, until he eventually passed from old age in his favorite pasture. “He had the best life,” shared LaBree, “and he got to live it out on the ranch.”

Heather and Hannah LaBree



Hannah and Heather LaBree on their first horses



DR. HOLLY GRUHLKE
Farm Kid
Horse Enthusiast
DSU Vice President



COMMUNITY

Nurturing mental health in rural communities: 5 key ways ND businesses can make a difference

By Kacie Kostelecky

Promoting mental health in rural North Dakota is a collective responsibility. The intriguing synergy between economic factors and mental well-being is evident, with a Morehouse School of Medicine study revealing a national annual cost of \$63 - \$92 billion due to mental illness and substance use disorder among the incarcerated and unhoused. Rural businesses can contribute to reducing mental health issues, particularly in culturally diverse communities.

1. Economic Empowerment:

Businesses can spearhead initiatives that focus on skill development, job creation, and entrepreneurship. These endeavors not only contribute to financial stability but also empower individuals to take control of their lives, fostering a sense of purpose and accomplishment.

2. Welcoming Workplaces:

Businesses should strive to create inclusive work environments that celebrate diversity. For instance, Vision

West ND creates opportunities for people from diverse backgrounds to come together by supporting initiatives that celebrate and showcase the rich cultural tapestry of the region.

3. Community Connections:

Building bridges between businesses and diverse communities through community engagement programs is crucial. By actively participating in and supporting community events, businesses can establish trust and contribute to the overall mental health landscape.

4. Mental Health Mentors:

Utilizing their economic influence, businesses can initiate and support mental health awareness campaigns to reduce the stigma surrounding mental health and encourage open conversations within the community.

5. Healthcare Heroes:

Businesses can collaborate with healthcare providers to ensure that mental health services are accessible. By establishing on-site counseling



services, organizing health fairs, or facilitating workshops like the “Employee Recruitment and Retention” workshop put on by Vision West ND, businesses can address specific mental health challenges.

Focusing on mental health in rural North Dakota is crucial for businesses.

Businesses can learn more at the Summit on Behavioral Health in Energy Country on June 19th-20th in Dickinson. Further details are available at <http://www.visionwestnd.com/>. ■

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 SONGS & STORIES TOUR
 The Connection 103.7 FM
APRIL 7, 2024
 EVANGELICAL BIBLE CHURCH
 DICKINSON, ND
 DOORS 6:00PM - SHOW 6:30PM
 TICKETS AVAILABLE AT: SIDEWALKPROPHETS.COM

Women's HEALTH FAIR
 Saturday, April 13, 2024
 10:00 A.M. - 3:00 P.M.
 AT SOUTHWESTERN DISTRICT HEALTH UNIT
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 Dickinson Area Chamber of Commerce

WHERE BUSINESS GOES TO GROW

Apprenticing skills, talent, and leadership

By Matt Ellerkamp,
Business Advisor, SBDC



One problematic issues facing small business today is not only a shortage of workforce, but a qualified and skilled workforce. I commonly hear employers state it's not that they can't find applicants, but that the applicant's don't have the skills their companies require. This is a legitimate gripe, but the workforce issue is not going away, thus small businesses need to find a way to use the workforce that is in front of them. Here are couple of actionable solutions small businesses can start implementing.

Consider changing the framework and pay scale for what is a qualified and skilled worker. Instead of looking for the ideal candidate, start examining candidates to identify who has the capacity and drive to learn and attain the skills needed. Create standards for those needed skills along with pay raises and/or benefits as the recruits attain the need skill sets required.

When candidates don't have the need skills consider starting an apprentice program. Apprentice programs have existed throughout human history and only in recent modernity have they been replaced with institutions of higher learning. Again, this will require a standardize list of skills or qualifications to attain different levels expertise such as novice, journeyman, professional, and master. A current roster of employees will need to be inventoried to identify who can mentor and apprentice new staff.

Consider asking new and current employees to write down their own personal branding statements. Consider providing methods to assist in creating a personal branding statement such as a



SWOT analysis, skills assessment, goal setting, and how to identify and describe one's core values. Then help support employees along their journey.

To help new and current employees develop critical thinking and leadership skills have them lead projects or certain tasks within a larger project. Again, consider a small reward for a job well done, it could simply be the opportunity to lead another project that leads to new skills and opportunities to improve their career.

The unfortunate situation, although not exactly their own fault, many individuals today haven't been taught to



think for themselves or critically think to solve problems and situations. For those individuals who can critically think now falls the privilege and burden of raising up the next generation of productive employees. In our culture we direly need servant leaders, mentors, masters of the craft like never before who can pass on not only skills of an occupation, but wisdom, values, discipline, and practical life skills.

The small business owner who finds their quality, skilled, and loyal workforce will have leveraged their own their talents, values, and strengths and that of their employees for the benefit raising up others.

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

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HEART RIVER VOICE | APRIL 2024

Calendar

SEND YOUR EVENTS TO EDITOR@HEARTRIVERVOICE.COM OR
VISIT US ONLINE AT WWW.HEARTRIVERVOICE.COM

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.

FINAL FINAL

Your entertainment spot in Dickinson. We are a destination with a memorable experience. M-F Happy Hour 4-6pm. T-Sat Live DJ 9pm. Every Monday, Martini Night 2 for 1 Martinis. Every Tuesday, International Night \$5 Modelos & Margaritas,

Bingo at 6pm. Every Wednesday, Ladies Night, Trivia 6pm, \$1 Drinks 9-10pm. Every Thursday, Country Night, Line Dancing 6pm. Every Saturday, Bingo at 6pm. 640 12th St West (Old Army's West)

THURSDAY APRIL 4

DSU JAZZ ENSEMBLE 7PM All ages are welcome to come and listen to this great event. DSU Stickney Auditorium.

FRIDAY APRIL 5

FAMILY MOVIE: TROLLS BAND TOGETHER (Rated PG) 4PM All ages. One free bag of popcorn per movie attend-

ee! Bring your own drink! No unattended children under 12. Hosted in the Library Community Room.

APRIL 5 AND 6

DICKINSON AREA BUILDERS HOME SHOW Friday 3-7PM; Saturday 9AM-4PM Come join us for the 2024 Spring Home Show! \$1 General Admission or two non-perishable food items. Food trucks, door prizes and drawings! West River Ice Center

SUNDAY APRIL 7

EASTER EGG POOL HUNT 12-2:30PM Hunt for Easter Eggs in the WRCC Pool! Plastic eggs will be floating in the Leisure Pool. Children get to collect the eggs and exchange them for candy and prizes. Bags are provided. Lifejackets are allowed. More info, 701-456-2074.

SIDEWALK PROPHETS:

SONGS & STORIES TOUR 6:30PM Christian concert and life stories. See article, page 20, for more information. Evangelical Bible Church.

MONDAY APRIL 8

ADULT CRAFT CLUB: SPRING PAINT NITE 6PM Crafty people unite! Advanced and beginners welcome. Craft supplies provided. For adults 18+. Dickinson Public Library Community Room

THURSDAY APRIL 11

START UP YOUR DAY 8AM This event offers opportunities for current and aspiring entrepreneurs and our area's entrepreneurial resources to come together to network. See the ad, page 6, for more information. Stark County Veterans Pavilion.

BOOK ENDS & LIBRARY

FRIENDS 5-7PM A special program for National Library Week! Join us to decorate book ends and make your mark on your local library. See ad, page 4, for more info. Dickinson Public Library Community Room.

DICKINSON AREA CONCERT ASSOCIATION PRESENTS BRANDEN & JAMES WITH EFFIE PASSERO 7PM Classy mix of pop and standards. Stickney Auditorium, Dickinson State University.

FRIDAY APRIL 12

READ ANY BOOK CLUB AND SILENT READING 5-6PM Read any book and you will be prepared for this book club located at Dunn Brothers Coffee! Talk about your favorite or recent reads and get recommendations from others. The last 15-20 minutes will be optional silent reading, so bring a book if you'd like to participate! Ages 16+

SATURDAY APRIL 13

LET'S SWAP A CLOTHING SWAP AND VENDOR SHOP 11AM-3PM Providing parents, caregivers, men and women the opportunity to get clothes for FREE or at a rate which they can afford. 20 vendors will be onsite for Mother's Day shopping. Hillside Baptist Church

WOMEN'S HEALTH FAIR

10AM-3PM Many topics will be discussed. Door prizes! See ad, page 20, for more info. Southwestern District Health Unit, 528 21st St West



Dickinson Area
Builders Association

SPRING HOME SHOW 2024

April 5th & 6th

FRI
3pm-7pm

SAT
9am-4pm



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April 13th

HILLSIDE BAPTIST CHURCH
1123 10TH ST E. DICKINSON ND
11:00AM-3:00PM

26TH ANNUAL API GUMBO COOKOFF 4:30PM \$10 admission with all proceeds going to local charities and college scholarships. 50/50 Raffle tickets will be available. West River Ice Center

SUNDAY APRIL 14
BUZZARD BAIT BUCKING PONIES 1PM "Cutest Thing Happening!" Head on over to the DSU Indoor Arena for an afternoons of fun! Admission is \$5/ adults and \$2/10 and under.

APRIL 14-15
THE ALL NEW 2024 BADLANDS SHRINE EXTREME CIRCUS! Acrobats, Jugglers, Clowns, Animals, Trapeze, Globe, BMZ, and more! West River Ice Center

TUESDAY APRIL 16
AUTHOR VISIT Join us for this special event with Dickinson author RubyAnn Stiegelmeier! She'll be reading from her upcoming book, Sir Rupert and the Battle of the Squirrels. This event is open to all ages! Community Room, Dickinson Public Library.

WEDNESDAY APRIL 17
SWEDISH MEATBALL DINNER 5-7PM Peace Lutheran Church is hosting a

drive-through Swedish Meatball Dinner! Menu includes Swedish meatballs with gravy, mashed potatoes, corn, bun and dessert. Suggested donation price is \$15. Peace Lutheran Church, 1550 21st St W of Dickinson

SATURDAY APRIL 20
TRNP FREE TODAY Enjoy free admission to the Theodore Roosevelt National Park in honor of National Park Week.

CAMO FOR A CAUSE 5-9PM Social, dinner, silent and live auction. All proceeds benefit veterans in SW ND. See ad, page 24, for more information. Eagles Club, 31 1st Ave East

BADLANDS OPERA PROJECT OPERA GALLA
See article, page 30, for more information.

KING OF THE NORTH LIVE PRO WRESTLING 6-10PM The Pit Strength & Fitness is excited to host an evening of live professional wrestling. Family friendly! West River Ice Center

SUNDAY APRIL 21
POWERLIFTING: KING OF THE NORTH 9AM (doors open at 7AM) Over 100 mighty athletes are descending upon Dick-

inson, ready to flex their muscles and break some serious records. Tickets at the door: Adults/\$15; Kids 4+/\$5; under 3/Free.

APRIL 21-27
NATIONAL VOLUNTEER WEEK Take a moment to express your gratitude to all the volunteers who give so generously of their time and talents.

MONDAY APRIL 22
HOW TO ART: OIL PASTEL WORKSHOP Embrace the power of creativity as you immerse yourself in hands-on painting, drawing, and mixed-media workshops for beginners. April's session will focus on the basics of oil pastel! Ages 13+. *Sign-up Required. Dickinson Area Public Library Community Room

TUESDAY APRIL 23
LEADERSHIP RISING CONFERENCE 9-11:30AM Free conference being planned and executed by students and supported by the DSU School of Business and Entrepreneurship, the Theodore Roosevelt Honors Leadership Program, and the North Dakota Economic Diversification Research grant, and Baker Boy. The audience will include business leaders, higher education leaders, government leaders, high school seniors, and DSU students. Sign up with Event Brite so their venue is large enough. DSU Student Center

ADULTING 101: CONTAINER GARDENING 6PM Learn more about important life skills you might not have learned as a kid. Kurt Froelich, from the NDSU Extension Office, will be talking about container gardening! Ages 16+. Dickinson Area Public Library Community Room

FRIDAY APRIL 26
FAMILY MOVIE: THE SWAN PRINCESS (Rated G) 2PM All ages. One free bag of pop-

corn per movie attendee! Bring your own drink! No unattended children under 12. Hosted in the Library Community Room.

SUNDAY APRIL 28
PRAIRIE PRINCESS 1PM Museum opens; 2PM Performance Jessie Veeder will be reading her children's book, "Prairie Princess" and singing some songs. Free; kid friendly refreshments! Please join us for a fun afternoon! More info: dunncountymuseum.org. Dunn County Museum, Dunn Center

APRIL 27-28
SBMC BIKE AND MUSCLE CAR SHOW West River Ice Center

MONDAY APRIL 29
ADULT BOOK CLUB: THE BOYS IN THE BOAT 7PM Read the book and come discuss it with other adults. Book Club books are available at the Main Level Circulation desk! The next month's selection will be announced at the monthly meeting. This event is open to all ages. Community Room, Dickinson Public Library.

TUESDAY APRIL 30
DSU CONCERT BAND SPRING CONCERT 7-8PM All people in the community are invited to attend this FREE musical event. Light snacks and refreshments will be served after the program. May Hall - Dorothy Stickney Auditorium

SAVE THE DATE

JUNE 14-15
32ND ANNUAL MISSOURI RIVER BLUE GRASS FESTIVAL Friday 6:30-10:30PM; Saturday 10AM-10:30PM Cross Ranch State Park

COMMUNITY

Camo for a Cause

The American Legion Riders is a program of the American Legion for members who own and ride motorcycles. The District Eight ALR Chapter is comprised of American Legion post members in southwestern North Dakota. Our Chapter is a dedicated group of volunteers, providing service and support for our area veterans, their families, and our local communities.

Since 2017, District Eight ALR has donated over \$125,000 throughout southwestern North Dakota. Examples include: Scholarships for children of North Dakota veterans and active military; food and supplies for veterans in need; Thanksgiving and Christmas meals and gifts for veterans and their families; Veterans Day dinners; sponsorships of

the Vietnam Memorial Traveling Wall (2022) and the Wall of Terror Moving Wall (2023); financial support to Veterans Long term care facilities; financial and voluntary support for other community events.

Camo for a Cause, A Benefit for Veterans, is our major source of income to provide support for our veterans and our military. Support for this fundraising event can be provided through monetary donations (to District Eight ALR), silent auction items, or live auction items. The event is open to everyone for a great meal and a fun evening at the Dickinson Eagles Club, Saturday, April 20th. Social, dinner, and silent auction are scheduled for 5-7 pm, followed by a live auction.

For more information or to arrange for donations to be picked up, call Edward Dick at 701-690-3036. Thank you for supporting our veterans and military! ■

2024
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SATURDAY APRIL 20
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PAWSITIVELY POPPY

Crate training

By Miranda Kuhn

There has long been a debate on crate training and if it is considered compassionate or cruel. I'm not writing to sway your opinion, but rather to give you ideas to examine further in your decision-making process for your pet.

For some dogs who may have previous trauma, a crate can cause fear of confinement, as well as a feeling of helplessness or feelings of being punished. For some animals, being in a crate can cause anxiety driven by isolation. Crates can also be physically problematic if they are the wrong size and the dog cannot freely stand and move within, or if the crate is positioned in a poorly ventilated area.

Crates can be extremely useful as well. They can help prevent destructive behavior while the pet is alone at home and can be helpful in potty training. They are also useful when a pet has had surgery or requires a quiet, contained environment

to calm. Dogs are den animals and crave the feeling of an enclosed space to call their own, and this can be encouraged with a comfortable crate.

If you choose to use a crate, be sure it is the proper size so your dog can comfortably stand inside without being inhibited. It should be made comfortable for your pet with a bed or blankets inside. It may also be helpful to cover a few sides of the crate to create the "den-like" environment that dogs naturally enjoy. It is helpful to allow your pet free access to their crate unless closing them in is necessary, as this helps them feel a sense of control and helps the crate feel like a safe space. Allow the crate to be a safe zone for the pet, and do not allow children to play inside. ■



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Ask Alfie

Dear Alfie,

I just got a kitten and I'm worried about her scratching my furniture. I think I'm going to have her declawed. What do you recommend?

Sincerely, Scratchy

Dear Scratchy,

Please do not declaw your cat. Doing so would be a huge mistake. It is a common misconception that declawing just means removing the nail, but it actually involves amputation. Also known as onychectomy, declawing is a surgical process in which the front knuckles of the cat's toes are amputated. To help understand what this means, imagine having the tips of each of your fingers removed, from the first knuckle down. Many countries around the world, and several states in the US, have banned declawing altogether as it is considered cruel and

inhumane. While it will prevent your cat from being able to scratch surfaces in your home, it causes far more harm than good.

Cats who have been declawed frequently suffer from chronic pain in their feet, joints, and legs. This often results in litter box issues, as the granules of litter are painful on the cat's achy feet and may cause them to avoid using the box altogether. This sad scenario creates a whole new variety of problems: frustrated owners will try to rehome their cat, but no one wants to adopt a cat who will not use a litter box. The cat is then demoted to being an "outdoor cat," but can you guess what the problem is next? Cats who have been declawed do not survive well outdoors. The act of declawing didn't just take away their ability to scratch, it also took away their ability to defend themselves, climb trees and fences to escape dogs and other predators, and hunt for food. This can equate to a death sentence for the cat.

You might be thinking "I would never rehome my cat! She will always live indoors with me," but please understand that accidents also happen. All it takes is one small slip-up (a visitor leaving the door open too long, a window screen popping out) for your cat to find herself outside. If that happens and she is declawed, the odds of her surviving long enough for you to find her are reduced significantly.

The good news is that you still have options for how to save your furniture! One of the most popular methods is to use "claw caps" which are colorful gel covers that are temporarily glued to your cat's claws. There are also lots of protective devices on the market for this exact purpose, such as plastic covers for the corners of furniture. Double-sided tape also works well to train your cat not to scratch specific surfaces. Lastly, make sure that you provide scratching posts for your cat so that there is still a place they can exercise their scratching instincts.



A quick online search can provide you with lots of ideas and information about how to remedy this issue and train your cat not to scratch in inappropriate areas. Thank you for not declawing your cat!

Sincerely, Alfie ■

Have a question for Alfie?
Email askalfiecat@gmail.com

Dickinson Area Public Library
Adulting 101
Join us once a month to learn more about an important life skill you might have missed as a kid!

Container Gardening

Kurt Froelich, from the NDSU Extension Office, will be here to talk about how to start and maintain a container garden. 16+

April 23rd, 6:00pm
Community Room

FINANCES

Buy vs. rent: How mortgages continue to save in the big picture

In light of a significant drop in mortgage interest rates – to the tune of approximately 1.5% in recent months – and with rent spiking, many home-seekers are realizing it's cheaper to own than it is to lease.

Since October, the banking industry has observed an average interest-rate drop from around 8% to roughly 6.5%. While interest rates remain higher than in previous years, a decrease of this magnitude, and in such a short amount of time, is good news for those looking to save.

"At a time when the cost for everything seems to be rising due to inflation and other factors, it's understandable why someone might initially think they'll save money by renting," said Jalyssa Sorenson, Gate City Bank Vice President of Mortgage Operations. "But upon looking into it further, and depending on their situation, many are pleasantly surprised to learn it may be more affordable to buy in the long run."

Breaking Down Some Benefits of Homeownership

When deciding whether to buy or rent, here are factors to consider:

- **Equity:** Rent is an expense, not an investment. Plus, it doesn't come with as many tax benefits. Buy buying, homeowners build equity.
- **Predictability:** A fixed-rate mortgage is more predictable than rent, which can increase unexpectedly at any time.
- **Enjoyability:** By owning a home, people can often enjoy more space, privacy and freedom in making it their own.

Plus, by pursuing a mortgage, people can access resources that may help lower costs. For example, Gate City Bank offers a \$500 first-time homebuyer credit to qualifying applicants.

Ultimately, when it comes to deciding whether to buy or rent, the best thing home-seekers can do is talk with a local lender who can review their finances and help answer their questions. ■



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THE ARTS

DACA Presents

The Dickinson Area Concert Association (DACA) is committed to bringing a wide variety of quality performances to the Dickinson area at an affordable cost. Join DACA on Tuesday April 11 at 7pm for an enjoyable night of music. The award-winning talent of Branden & James and Effie will bring to life some of Broadway's favorites, desirable classics, and modern pops. This trio will engage the audience through their soothing sound combination of vocals, piano, and cello. Renowned cello & vocal duo Branden & James team up with singer/songwriter Effie Passero of Postmodern Jukebox and American Idol fame for this tour. Concert will be held at Dickinson State University's Dorothy Stickney auditorium. Non-member tickets \$30, available at the door. ■



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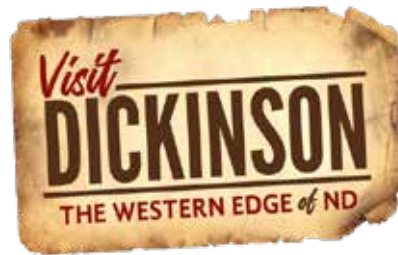
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Assoc.

CONVENTION AND VISITORS BUREAU

Wait!? Did I hear a meadowlark?

You probably did. Their loud call resonates across the prairie, introducing themselves to all who will listen. The return of the spring birds is welcoming the arrival of a fresh, new season. First arrival is the Canadian goose, flying high in the air heading back to our fields, and then the red robin appears, hopping across the brown lawn, looking for a anything that looks edible. Typically, it's the first or second week in March, when the first robins are seen, and it becomes the social conformation that spring really is here. Everyone exclaims "I saw a robin!" But the real sign that spring has begun is the song of the Meadowlark. The beautiful yellow breast, the fluttering of wings, and the enchantment of the song they sing truly make a prairie lover's heart happy.



Our state has such wonderful opportunities to view all the seasonal birds. Did you know that North Dakota has more wildlife refuges than any other state? There are 63 wildlife refuges, all open to the public for a variety of activities, and birdwatching is one of them. And there are 200-plus wildlife management areas in North Dakota, all open to the public

for birdwatching and more.

Bird watching can be a great way to spend some time outdoors. Whether you're looking for an outdoor challenge or you'd just like to spend some quiet time on the porch, bird watching might be for you. North Dakota's prairies and wetlands provide habitat for an amazing variety of nesting and migrating birds. A determined birder can see over 300 different bird species in the state, ranging from the grassland nesting bobolink to shorebirds, ducks, cranes, raptors and more.

Stop by the ND Game and Fish



Department's Dickinson office, located at 225 30th Ave. SW or the US Forest Service/BLM office at 99 23rd Ave. W., Dickinson to pick up great birding information. ■

Photo credit: Craig Armstrong

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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 ■





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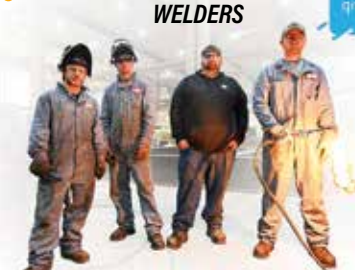
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NDSU EXTENSION**NDSU Extension offers virtual Design Your Succession Plan for Small Business workshop****NDSU**EXTENSION
STARK/BILLINGS COUNTY

North Dakota State University Extension will offer the Design Your Succession Plan program for small businesses in an upcoming virtual workshop. The program helps business owners begin the process of creating a succession plan. Attendees will learn about the process, tools and terms used in succession, transition, and estate and retirement planning.

“Preparing the next generation to weather uncertain environments is an important part of these potential retirements and local legacies,” says Andrea Bowman, NDSU Extension program coordinator for leadership and civic engagement.

Those who begin the succession planning process during the workshops and continue it at home can cut costs because they are well-prepared to meet and work efficiently and effectively with legal and financial professionals. Attendees will have the chance to think about what they want, explore options and consider consequences before making decisions.

“The program provides owners and the identified successor generation an opportunity to begin shaping future

ownership,” Bowman adds. “Good communication is key to a successful succession plan.”

“The Design Your Succession Plan Small Business program was a valuable tool for many businesses in our community,” says Jenny Dusek, community development director for the City of Grafton. “The most challenging part to succession planning is knowing where to start. This three-session program was foundational in helping a variety of small businesses navigate preliminary planning, so that ultimately, they will be able to retire and transition their businesses confidently.”

Discussions about the future can be difficult conversations. Design Your Succession Plan workshop participants learn how to start and sustain those discussions and begin developing a succession plan. They also learn about choosing and preparing to work with legal and financial professionals who will help make sure the plan is workable.

The three-part virtual workshop will occur from 6 to 8 p.m. CDT on April 24, May 1 and May 8.

For more information or to register visit ndsu.ag/succession2024. ■

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COOKING CRAVE**Chocolate Éclair Cake**

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

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



Laverne and Rhonda

*Homemade Recipes Made Easy!***Chocolate Éclair Cake**

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

Chocolate Buttercream Frosting:

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

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

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

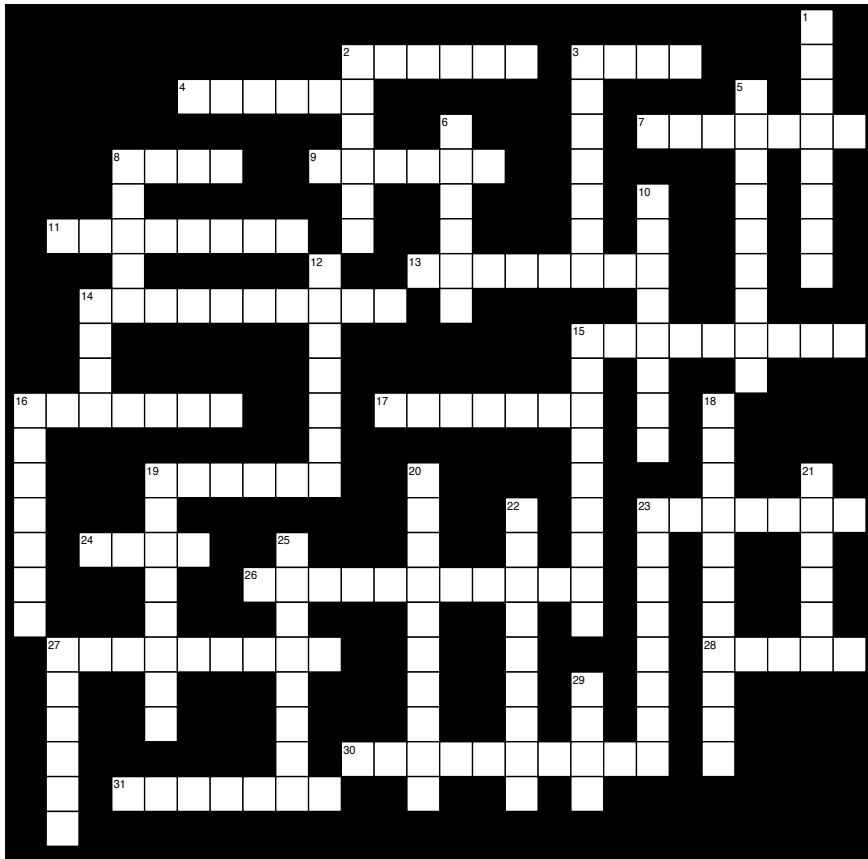
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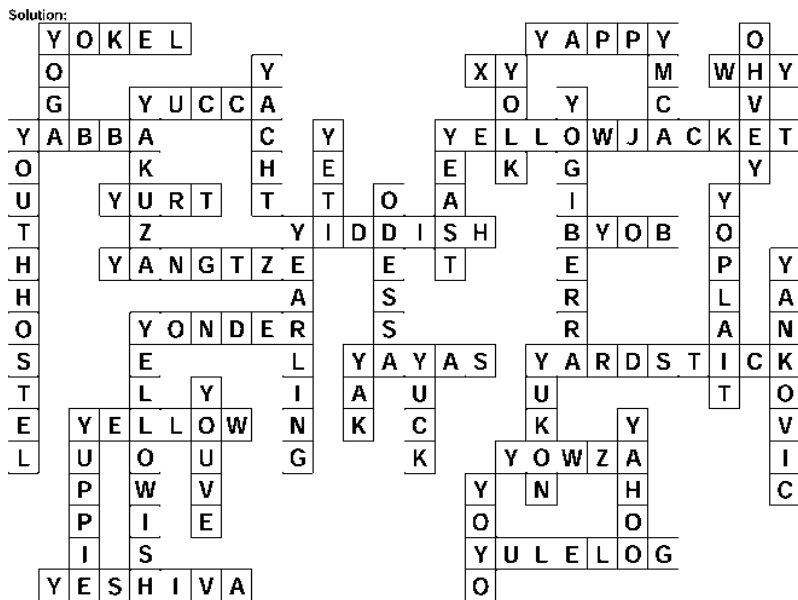
- 2 +Small bus
- 3 +Name for a toilet
- 4 Port city in Ukraine
- 7 +About the throat and neck
- 8 +Married to Beyonce
- 9 +Professional rider of equines
- 11 +Don't drink his kool-aid
- 13 +At risk, in danger or Trebek
- 14 +Ring of fire
- 15 +Fast paced dance
- 16 +An average guy
- 17 +Religion of ancient Hebrews
- 19 +Several objects in motion
- 23 +Coin operated music maker
- 24 +To wish bad luck
- 26 +1977 Monty Python film
- 27 +Harry Potter author
- 28 +Lower jaw flaps
- 30 +A tall Yucca
- 31 +A celebration

DOWN

- 1 +Dinosaur period in time
- 2 +Dilapidated vehicle
- 3 +Equestrian's pants
- 5 +Kick in the engine
- 6 +Casual entertainer for the king?
- 8 +Very large specimen
- 10 +Control device
- 12 +Fragrant flower
- 14 +Green gemstone
- 15 +New Orleans popular dish
- 16 +Another name for sprinkles
- 18 +Went up the hill
- 19 +Cheap unhealthy eats
- 20 +Writer for print or media
- 21 +In good humor
- 22 +Athletic supporter
- 23 +Young person
- 25 +Yellowish discoloration of skin
- 27 +Related to wolves
- 29 +A committee for judging

LAST MONTH'S PUZZLE SOLUTION

++Some Say Why, I Say Why Not!!++



THE ARTS

Badlands Opera Project Gala: Murder at the Opera

Star-crossed lovers, red-handed blaggards, and damsels in distress will all be in attendance at the Badlands Opera Project Gala: Murder at the Opera! This formal, elegant evening will feature a fabulous four-course meal, inspiring (if murderous) music from Badlands Opera Project soloists and chorus, a silent auction, and a cash bar hosted by The Rock - including non-alcoholic options.

We invite you to join us for this incredible evening on Saturday, April 20 at the Southwest Art Gallery and Science Center in Dickinson. The social hour and silent auction begin at 6:00 p.m., and the dinner and program begin at 6:30. Formal attire is encouraged.

Tickets are \$125 and can be reserved by emailing badlandsoperaproject@gmail.com or calling 701-260-6349. ■



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