

# Heart River VOICE

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FEBRUARY 2023 | VOL. 5, NO. 2 | HEARTRIVERVOICE.COM

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**Published Monthly by  
Heart River Voice, Inc.**  
PO Box 2117  
Dickinson, ND 58602

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## A note to our readers

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

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

To get in touch, email us at [kelley@thejileks.com](mailto:kelley@thejileks.com).

**Kelley Jilek**  
*Publisher*

Cover art, "A Warrior's Love 2" by Bill Brien. For more information about the artist, see page 5.

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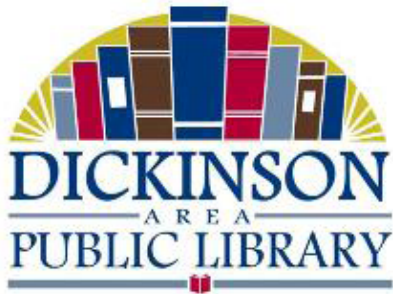
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**#BOOKWORM****February programs, new printing options****By Cindy Thronburg**

February may be the shortest month of the year, but that doesn't mean the Dickinson Area Public Library (DPL) has any less programs. This month is filled to the brim with programs for all ages. February is the last month of our Winter Reading Program! If you haven't signed up yet, you still have time! Sign-up and logging are done through Beanstack. You can check our website or visit the library for instructions on how to do this. This program is available to all ages. Readers have until February 28th to log reading/activities and enter tickets for prizes. There are some pretty great prizes for each age group!

We are also doing a coloring contest to accompany our Winter Reading Program. Coloring sheets are available to pick up at the main circulation desk. Be sure to pick the correct sheet for your age group and make sure the information is filled out on the back! Coloring contest sheets are due by Saturday, February 11th. They will be on display for public voting the 21st through the 25th.

Winners for the Winter Reading Program and the Coloring Contest will be announced at our Cookies & Cocoa Social on Friday, March 3rd from 2:00pm to 4:00pm. You do not have to be present to win.

From January 3rd through February 4th we are collecting valentines for My Golden Valentine. Help us share the love with those who are in nursing homes and assisted living facilities in our area! Make cards and drop them off at the library and we will deliver them! We will also have card-making stations set up in the library. February 4th is the last day to turn them in.

Tweens (ages 10-12) will do Valentine Card Making on Thursday, February 2nd at 4:00pm. They will also be making Pipe Cleaner Rose Rings on Thursday, February 23rd at 4:00pm.

Teens (ages 13-17) will be having an Anti-Valentine's Day Party on Tuesday, February 7th from 4:00pm to 5:00pm. Teens will do a craft, take anti-valentine photo booth pictures, eat some snacks, and break a heart (or just a piñata). Teens will also be doing Sharpie Art Mugs on Tuesday, February 21st at 4:00pm.

The S.T.E.A.M. group (ages 6-9) will be making Valen-Slime on Monday, February 13th at 4:00pm. It's sure to be a gooey fun time!

Teens and tweens (ages 10-17) will get a movie night on Thursday, February 16th at 4:00pm. We will be showing The Wizard of Oz. There will be a popcorn bar!

We will be doing a Free Family Movie on Friday, February 3rd at 4:00pm. We will be showing DC League of Super-Pets. One free bag of popcorn will be given to each attendee. Feel free to bring your own drink! The movie is rated PG and is about 100 minutes long.

Our first Pokémon Party was such a success, we've decided to do it again! Join us on Thursday, February 9th from 4:30pm to 6:30pm. Bring your cards, video games, or Pokémon Go! Join in on all things Pokémon! This program is for all ages.

We will also be having a new event in February. On Saturday the 25th at 2:00pm we will have Coffee House. Join us for an afternoon of classical music, beverages, and treats! We will be showing a Medici TV musical performance. We hope to see you there!

The Dickinson Area Public Library is the host location for the Dickinson Area Chamber of Commerce's Coffee with the Legislators. This event is most Saturdays from 10:00am to 12:00pm in the Library's Community Room. The event is free and open to the public. Please see the Dickinson Area Chamber of Commerce's Facebook page for more

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information.

We are excited to announce that the library now offers mobile printing! This means that you can now print directly from your laptop, mobile device, or even your computer at home without having to log into one of our computers. From our library's main page ([dickinsonlibrary.org](http://dickinsonlibrary.org)), choose the Library Services drop-down menu and choose Mobile Printing. From there you can upload your document, or you can choose "Email Printing" at the bottom of the page to get the email address to send your attachments. If you click on "How Do I Print from a Mobile Device?" at the bottom of the screen, it will take you to a page where you can download an app, if you prefer that option. Whichever way you choose to do it, all you need to do is pick your file and provide a name/number in order to claim your document. Printing is \$0.15 per page for black and white or \$0.25 per page for color.

We hope you enjoy this new service, and we hope that you join us for some programs this month! As always, please check our Facebook page and website, or grab a calendar at the library to see all of the programs we are offering. ■



## COVER ARTIST Bill Brien

Bill Brien is a Lakota, Dakotah, Chippewa, Metis artist. Brien is an enrolled member of the Turtle Mountain Band of Chippewa in North Dakota. Brien is also from the Spirit Lake Dakota Nation also in North Dakota.

Brien graduated from the University of North Dakota, Grand Forks, ND, in 2011 with a degree in history with minors in philosophy and geography. Since 2011, Brien has resided in the city of Bismarck, ND.

In 2016, Brien found his love and passion for art because of his wife, Geri. Geri was diagnosed with breast cancer in 2014. In early 2015, Geri was cancer free but by the end of 2015, the cancer

had returned and spread. Geri fought the cancer with courage, hope and love and inspired Brien to share her story through art. Brien's wife was an enrolled member of the Cheyenne River Lakota in SD.

Brien is a self taught artist. He calls himself "a digital cell phone artist." His chosen medium is digital art, using his cell phone as his canvas to create all his work. Brien could create anywhere, when inspired.

Brien's art has been displayed around various North Dakota art galleries: Bismarck Art & Galleries Association, Bismarck Downtown Artist Cooperative, Gallery 4 in Fargo, ND and the Red Door Art Gallery in Whapeton, ND.

Brien had a piece in the 2019 Bring Her Home: Stolen Daughters of Turtle Island Art Exhibit at the All My Relations Art Gallery in Minneapolis, MN.

Brien participated in the 2020 Online



Bill and his wife, Geri, on their wedding day in 2016

Heard Museum Indian Art Market and won first place in the Photography and 2D category at the 2021 Red Earth Festival Juried Art Show in Shawnee, OK.

Brien created the award for Recovery Reinvented 2021, an initiative created by the First Lady of North Dakota, Kathryn Bergum.

Brien participated in the 2022 Santa Fe Indian Art Market in Santa Fe, NM and the 2022 Gift of Mother Earth Art Show at Crazy Horse Monument in South Dakota.

Brien's work can also be seen at area pow-wow's during the summer months.

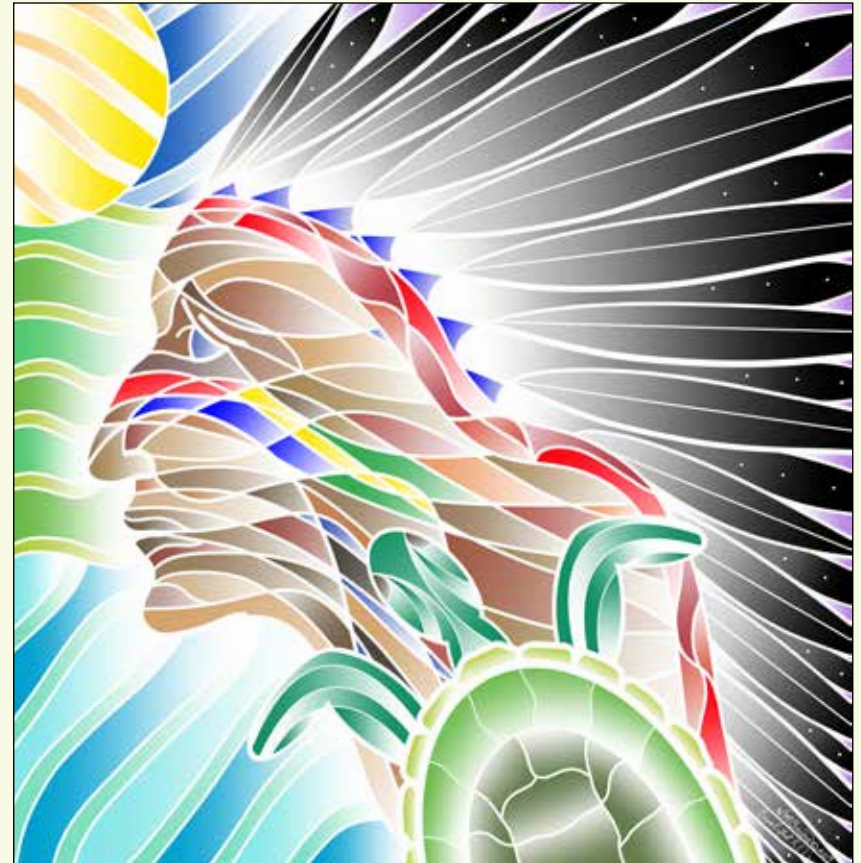
The highlight of Brien's art career is being recognized by the Bismarck Cancer Center at its annual Hope Giver's Extraordinaire Banquet. Brien was recognized for donations made to the Bismarck Cancer Center from art sales in honor of his late wife, Geri. Geri made



Geri, Dakotah (daughter), Ramona (Geri's mom) and Breanna (daughter)



Bill, Geri, and Lonnie (their son)



A Warrior's Love

her Heavenly journey on May 1, 2018, after a four year battle with breast cancer.

Visit Bill's website [bountifulreis.com](http://bountifulreis.com) to see more of his beautiful artwork, read Geri's story and gain some inspiration.

### A Love Story

Bill created both A Warrior's Love and A Warrior's Love 2. Their stories are intertwined. The cover art, A Warrior's Love 2, was created after A Warrior's Love. Read about both creations in Bill's own words below.

### A Warrior's Love

"The way this piece started is not how I envisioned it would turn out. When I started the male warrior piece I hoped to capture all the characteristics of a noble warrior. This warrior has seen and been through some tough and difficult moments in his life. But in between those tough and difficult moments he has also experienced some joyful, peaceful and happy moments.

Some of the joyful, peaceful and happy moments could be anything. Those moments can and will be the

same and different for each man. Some of those moments can be: graduating high school or college, joining the military, accomplishing a certain life goal, the first date with his future wife, his wedding day, the birth of his children, his child's first steps, watching his children grow up and start families of their own, holding his grandchild for the first time, the moments are endless.

Some of the tough and difficult moments a man can go through in his life cannot be fully listed but some of the moments can be: experiencing an injury, losing a job, going through an illness with his wife or child, losing a loved one, the loss of a child, the loss of a parent or a sibling, watching his wife fight cancer and feeling helpless, these moments cannot all be listed.

This piece shows the noble warrior each man can become for his wife, children and family.

### A Warrior's Love 2

When the male warrior piece was finished it felt incomplete. When I started this female warrior piece the

*Continued, page 6*

*Continued from page 5*

feeling left because it dawned on me that these two pieces were going to share one title. These two pieces complement one another. Just like in life, men have different strengths and weaknesses, women have different strengths and weaknesses.

It's in the weaknesses of both men and women where their true strength resides. When and where one person is weak the other is strong. We do not have to be strong all the time. That is a precious gift between husband and wife. Their strengths and weaknesses complement and complete one another.

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Some of the joyful, peaceful and happy moments could be anything. Those moments can and will be the same and different for each woman. Some of those moments can be: graduating high school or college, joining the

military, accomplishing a certain life goal, the first date with her future husband, her wedding day, the birth of her children, her child's first steps, watching her children grow up and start families of their own, holding her grandchild for the first time, the moments are endless.

Some of the tough and difficult moments a woman can go through in her life cannot be fully listed but some of the moments can be: experiencing an injury, losing a job, going through an illness with her husband or child, losing a loved one, the loss of a child, the loss of a parent or a sibling, watching her husband fight cancer and feeling helpless, these moments cannot all be listed.

This piece shows the noble warrior each woman can become for her husband, children and family."

We at Heart River Voice felt that this love story was the perfect fit for our February issue. Thank you, Bill, for sharing your beautiful story with us. If everyone in life was as fortunate to have such a love story in their life, our world would be a happier, more loving place. ■



Wild Ricing

## CONVENTION AND VISITORS BUREAU Local outdoor exercise can be fun!



We've had lots of snow, and probably more snow on the way before the crocuses are popping out of the ground. But soon the sun will be drawing the green blades up stretching their arms up to the sky. So, what about the options to get out and get yourself in shape with outside scenery?

There's one right here in Dickinson, or nearby. Cross country skiing. Depending on the snow of course, but the Dickinson Parks & Recreation has a professionally maintained trail that follows the back nine of the Heart River Golf Course. The trailhead begins at the Heart River Retreat at 2475 Broadway West, where the public parking and signage will direct you to the ski trail. The trail is meticulously groomed daily to always provide the best possible skiing conditions. The cross country is perfect for families or individuals of all ages looking for a challenging workout or just wanted a leisurely hour or two of great scenery along the ponds and streams of the Heart River Course. The trail will be open for

the season when the snow depth is adequate to groom. The trail closes in the spring when conditions are no longer favorable for skiing.

Theodore Roosevelt National Park. The park does not groom any trails for cross-country skiing. Skiers blaze their own trails through the snow. The best places to cross-country ski are on the frozen Little Missouri River and on closed park roads.

Skiing on park trails can be somewhat difficult. The trails are narrow and many cross the creek bottoms. These creek bottoms are like little canyons and may be too steep for safe skiing. They, and all coulees and draws, may also fill up with blowing snow hiding



their true depth.

Snowshoeing and sledding are also great options if you don't want to cross country ski. Either way, the air is cool, crisp, and the scenery is great. Get out and enjoy our local options! ■



**THE ARTS**

**Badlands Art Association presents photography exhibition**

Ashley Knowlen is a local photographer out of Dickinson, ND. Over the years, she has created a collection of atypical images. We invite you to view her work through February 18th every Wednesday – Saturday from 2:00 pm to 5:00 pm. The gallery is in the Badlands Art Gallery, Klinefelter Hall, Dickinson State University 291 Campus Drive. <http://ashleyfayephotos.com> ■



Badlands Art Association Presents

# Photography EXHIBITION



**ASHLEY FAYE PHOTOGRAPHY**

Ashley Knowlen is a local photographer out of Dickinson, ND. Over the years, she's created a collection of atypical images. We invite you to view her work from January 18th to February 18th every Wednesday-Saturday from 2:00 pm to 5:00 pm. An open house will be held on Thursday, January 26 from 2:00 pm to 6:00 pm. The gallery is located in the Badlands Art Gallery, Klinefelter Hall, Dickinson State University 291 Campus Dr.



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## CONNECT MEDICAL CLINIC What you need to know about teen dating violence

By Tara Zettel, RN, Sexual Risk Avoidance Specialist

February is Teen Dating Violence Prevention Month. 1 in 3 U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with before they become adults. And nearly half (43%) of

**Consent** is to agree to do something, freely. True consent is given when the person understands the risks and benefits of the decision, and a person has full control of their faculties when giving their assent.

When consent is forced, it is no longer consent.

**Rape** is the ultimate example of acting upon another without consent. Sexual violence also includes non-physical sexual behaviors like posting or sharing sexual pictures of a partner without their consent or sexting someone without their consent.

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U.S. college women report experiencing violent or abusive dating behaviors.

According to the CDC, there are four types of intimate partner violence our teens experience in their relationships in person and online.

**Physical violence:** A physically violent relationship is when a person hurts or tries to hurt a partner by hitting, kicking, or using another type of physical force.

**Stalking:** When a teen is stalked, they experience a pattern of repeated, unwanted attention and contact by a current or former partner that causes fear or safety concerns for an individual victim or someone close to the victim.

**Sexual violence:** Many people only think of rape when they hear the term 'sexual violence.' Forcing another person to engage in a sexual act without their consent is just one kind of sexual violence.

**Psychological aggression:** This is the use of verbal and non-verbal communication with the intent to harm a partner mentally or emotionally and exert control over a partner. Coercion, manipulation, and pressure/bullying are behaviors that infringe on consent and can be considered a violation of consent when it comes to sexual activity.

**Coercion** is any activity that pressures or forces someone in a non-physical way to do something they have said they didn't want to do. Using threats to spread rumors or end a relationship, or being in a position of power and using that influence. Even being the older partner creates an imbalance in the teen relationship as teens. The age difference creates a non-physical, often non-verbalized imbalance of power.

**Manipulation** is similar, but it is more



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about playing with the mind, and is more subtle than coercion. In coercion, the person realizes they are being forced but feels they have no other choice. In manipulation, the person might not recognize it as manipulation. Abusers could use guilt, play on the other person's insecurities, or profess to be more committed than they are just to get what they want.

**Pressure/Bullying** is another form of violating a person's agency. This is when someone says no, and the other person begs, nags, and in any other way persists and persuades until they receive the answer they want. This assent is not a "Yes."

To illustrate the consequences of this issue, in a survey of pregnant teens, girls were asked what could be done to bring down the teen pregnancy rate. The overwhelming response was, "Teach us how to say no and not hurt our boyfriend's feelings."

"No" is a complete answer and should be respected in any situation. "Wearing them down" until they agree is actually a form of psychological abuse.

These may not seem as "violent" as rape or physical assault, but psychological aggression is as damaging and scarring

to the victims. These abuse tactics violate a person's boundaries, their decision-making power, and reduce the human being to just a means to an end for the abuser. Victims feel dehumanized, taken advantage of, and used.

The impact of experiencing teen dating violence can be lifelong, not limited to the risk for STIs or unplanned pregnancy. Youth who are victims of teen dating violence are more likely to:

- experience depression and anxiety symptoms
- engage in unhealthy behaviors, like using tobacco, drugs, and alcohol
- exhibit antisocial behaviors, like lying, theft, bullying, or hitting
- think about suicide

Violence in an adolescent relationship sets the stage for future relationship problems, including intimate partner violence and sexual violence perpetration and/or victimization throughout life.

Connect Medical includes healthy relationship assessments and education in their medical appointments with individuals of all ages, but especially teens. If you feel like you have signs of an unhealthy or violent relationship, call the Domestic Violence Hotline: 800-799-7233 ■

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## CHI ST. ALEXIUS HEALTH

# CHI St. Alexis Health Dickinson named North Dakota's most socially responsible hospital

CHI St. Alexis Health Dickinson has been recognized for its excellent performance on social responsibility, receiving an "A" Grade on the Lown Institute Hospitals Index for Social Responsibility. The Index is the first ranking to measure social responsibility of more than 3,600 U.S. hospitals nationwide and applies never-before-used metrics such as racial inclusivity, avoidance of overuse, and community benefit.

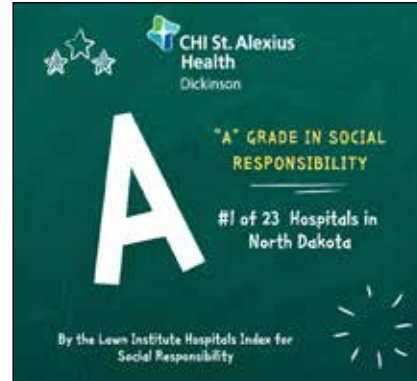
CHI St. Alexis Health Dickinson ranked 1st out of 23 hospitals in North Dakota and 186th nationally out of 3,606 on the social responsibility metric.

According to the Index, the hospital also received "A" grades in clinical outcomes, patient satisfaction, cost efficiency, and pay equity – key metrics that contribute to the overall rating.

"CHI St. Alexis Health Dickinson is committed to delivering the highest-quality care to every patient that comes through our doors," said hospital president Carol Enderle. "Our hardworking staff deserves a lot of credit for this honor."

"America needs socially responsible hospitals," said Vikas Saini, MD, president of the Lown Institute. "That's why it's so important to lift up these high-performing hospitals as examples for others to follow."

The Lown Hospitals Index for Social Responsibility utilizes more than 50 metrics to assess how well hospitals succeed at being care providers, employers, and community partners. Data sources include Medicare claims,



CMS patient safety data and hospital cost reports, and IRS 990 forms, among others. Learn more about the Lown Hospitals Index for Social Responsibility by visiting [www.LownHospitalsIndex.org](http://www.LownHospitalsIndex.org).

About CHI St. Alexis Health Dickinson CHI St. Alexis Health Dickinson Medical Center located in Dickinson, ND, is a 25-bed, Critical Access Hospital with a Level IV Trauma Center accredited by the American College of Surgeons and The Joint Commission (TJC). The hospital currently holds a 5 star overall hospital rating from CMS (Centers for Medicare & Medicaid Services). It was also named one of the Top 100 Critical Access Hospitals in the U.S. in 2022. CHI St. Alexis Health Dickinson is part of CommonSpirit Health, a nonprofit, Catholic health system created in February 2019 by Catholic Health Initiatives and Dignity Health. ■

## VOICING SOME THOUGHTS Resolutions

By Nancy Hoff

Here we are – two months into a new year and a new page, a new beginning for me. The month of my retirement after 33 years in a job I loved. Plus, another 14 years in various prior jobs. 47 years of a daily routine ended.

My first job was at St Alexis in Bismarck in medical records, as a messenger clerk. Every hour, I made rounds on all the floors, delivering actual charts for new admits, history, physicals and discharge reports dictated by the doctors and typed up by the stenographers, lab work and x-ray reports. And occasionally delivered surgical souvenirs, like kidney stones in a small bottle! A far cry from electronic records now. Now I know how people felt when cars replaced the horse and buggy!

Researching the Internet, I found that by the end of a career, 90,000 hours have been spent at work. Sometimes it felt like more!

I was lucky that time was spent with really great co-workers. They have come

and gone but always left a hallmark, and I have a lot of respect for their work ethics. The people I served touched me and I hope I gave some semblance of comfort. I found accomplishments along with frustrations – but all in all, it was a great run.

So, a new chapter opens. A gift of time. To spend with my hubby who is gaining a gopher (go for this, go for that) and a pasture fencing buddy. More time to spend with aging relatives. More time for my children and grandchildren, family and friends – time like I never had before. Time to travel, to dust off cobwebs of forgotten projects, and to start new ones.

Oh – and to persevere with what I do. Hubby and I often joke that we are the grasshopper and the ant. I am the grasshopper; carefree and fiddling away the summer days; he is the industrious ant. I admire the ant for integrity and stick-to-it attitude. Only my laziness and lack of focus keeps me from resolve to follow through.

My post New Year resolution is to not waste this time ... along with the usual resolutions to exercise, eat better, meditate more, get more sleep and iron my bedsheets. I'm taking bets on which one of these will be the first to go! ■



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**EDUCATION****DPS Foundation Inc supports teachers and schools**

The Dickinson Public Schools Foundation, Inc. dedicates itself to supporting teachers and students in our district. We want to encourage teachers to pursue their ideas, and we recognize that needs arise throughout the year. Therefore, we recently added the mini-grant program which allows DPS staff to apply for grants up to \$500 throughout the year. Our mission to provide private, financial support to enrich the quality of education through this program has helped teachers hold a 5th-grade career fair, purchase books to engage diverse readers, and attend a trauma-sensitive school conference. Other mini grants include an expanding expression tool kit for speech students, STEAM geometric activities for 1st graders, additions to the Dickinson Middle School wellness room, and a book

collection to support social skills for students.

Additionally, in partnership with the American Federation for Wildlife, the Foundation has donated \$10,000 to help fund STEM in the schools. Earlier this year, Lincoln Elementary was awarded the first Cal Ripken STEM center in North Dakota. Through the support of the Foundation and other organizations, every DPS elementary school will receive a STEM center by spring 2023. As Karen Heidt, DPS Foundation Director of Development, stated, "We recognize the importance of working with our community partners and donors to enrich education in the Dickinson Public Schools. Our support has been fantastic and with their help the Foundation has been able to support some amazing grant projects in our schools ranging from STEM to student wellness and much

more." For more information about how you can help, please reach out to Marisa Riesinger or Karen Heidt. ■



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## FINANCIAL FOCUS

# Open the (back) door to a Roth IRA

There aren't many drawbacks to having a high income — but being unable to invest in a Roth IRA might be one of them. Are there strategies that allow high-income earners to contribute to this valuable retirement account?

Before we delve into that question, let's consider the rules. In 2023, you can contribute the full amount to a Roth IRA — \$6,500, or \$7,500 if you're 50 or older — if your modified adjusted gross income is less than \$138,000 (if you're single) or \$218,000 (if you're married and filing jointly). If you earn more than these amounts, the amount you can contribute decreases until it's phased out completely if your income exceeds \$153,000 (single) or \$228,000 (married, filing jointly).

A Roth IRA is attractive because its earnings and withdrawals are tax free, provided you've had the account at least five years and you don't start taking money out until you're

59½. Furthermore, when you own a Roth IRA, you're not required to take withdrawals from it when you turn 72, as you would with a traditional IRA, so you'll have more flexibility in your retirement income planning and your money will have the chance to

potentially keep growing. But given your income, how can you contribute to a Roth?

You may want to consider what's known as a "backdoor Roth" strategy. Essentially, this involves contributing money to a new traditional IRA, or taking money from an existing one, and then converting the funds to a Roth IRA. But while this backdoor strategy sounds simple, it involves some serious considerations.

Specifically, you need to evaluate how much of your traditional IRA is in pretax or after-tax dollars. When you contribute pretax dollars to a traditional IRA, your contributions lower your annual taxable income. However, if your income is high enough to disqualify you from contributing directly to a Roth IRA, you may also earn too much to make deductible (pretax) contributions to a traditional IRA. Consequently, you might have contributed after-tax dollars to your traditional IRA, on top of the pretax ones you may have put in when your income was lower. (Earnings on after-tax contributions will be treated as pretax amounts.)

In any case, if you convert pretax assets from your traditional IRA to a Roth IRA, the amount converted

will be fully taxable in the year of the conversion. So, if you were to convert a large amount of these assets, you could face a hefty tax bill. And since you probably don't want to take funds from the converted IRA itself to pay for the taxes, you'd need another source of funding, possibly from your savings and other investments.

Ultimately, then, a backdoor Roth IRA strategy may make the most sense if you have few or no pretax assets in any traditional IRA, including a SEP-IRA and a SIMPLE IRA. If you do have a

sizable amount of pretax dollars in your IRA, and you'd still like to convert it to a Roth IRA, you could consider spreading the conversion over a period of years, potentially diluting your tax burden.

Consult with your tax advisor when considering a backdoor Roth strategy. But if it's appropriate for your situation, it could play a role in your financial strategy, so give it some thought.

*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 Surrounding yourself with talent

By Debora Dragseth, P.D.

Making the right hiring decisions has never been easy. Hiring in the midst of historic labor turnover in combination with low unemployment rates is even more challenging. Only 33 percent of employees recently surveyed employees in the U.S. state that they intend to stay in their current jobs. Employers are calling today's changing work environment by some pretty clever names: the Great Resignation, the Great Attrition, the Great Reshuffle, and the Big Quit.

Although employers may be forced to minimize their applicant requirements (remember the days of five years of relevant work experience), there are attributes that they should still insist upon. I recently discussed those attributes, sometimes known as traits, with my MBA class at Dickinson State University. I asked them what traits should be sought, and what traits should be avoided when hiring. Their responses were, in my opinion, spot on.

Seek to hire employees who:

- Positively represent your business and your brand
- Are resourceful and have excellent problem-solving skills
- Enjoy working on a team
- Can illustrate excellent communication skills
- Have a strong work ethic
- Are honest, trustworthy, and direct
- Are willing to challenge you or the "we have always done it this way" attitude
- Are honest and willing to tell you the truth
- Can perform well in crisis situations
- Show concern and respect for others
- Show accountability for their actions
- Are ambitious and looking forward to personally growing with your company
- Understand the financial aspects of a business
- Are answer finders willing to do the necessary research
- Are "socially fluid" - in other words, have the ability to work with others who are not like them
- Are willing to go above and beyond to tackle tough challenges
- Have passion toward your industry--see the job as not only an income source, but as an adventure
- Are positive

- Are reliability
- Will add to your current team in a healthy, positive manner
- Show self-control
- Empathy
- Good planning skills

How do you parse out these traits? If you are promoting from within, you should have a pretty good sense of the employee's traits already. In an interview situation, ask the potential employee to tell you about a time or times when they, for example, were ambitious about a project and were willing to work hard to do their best even when working with a team that was not as enthusiastic. This pointed interview question does two things. It will help you to drill into the applicant's work ethic as well as give you information about how they work in teams.

The people that you surround yourself with will have a significant impact on your own job satisfaction. Motivational speaker Jim Rohn famously said, "You are the average of the five people you spend the most time with."

Keeping that important reality in mind, my students also had something to say about their lease preferred coworkers.

- Seek to avoid hire employees who:
- Are overly pessimistic or negative
  - Are egocentrism (someone who puts themselves first)
  - Appear to be unorganized
  - Show a willingness to manipulative people
  - Are unwilling to grow and learn



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




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## NDSU EXTENSION Parents Forever™

By Holly Tuhy



Happy February! I hope you are all healthy and well this season. We already have one month of 2023 under our belts, and it has already been very busy! NDSU Extension Stark/Billings County in partnership with the West Dakota Parent and Family Resource Center are happy to share that the 2023 Parents Forever™ class dates have been set!

In-person Dickinson classes:

Saturday February 11, 9:00 am – 1:00 pm

Saturday April 15, 9:00 am – 1:00 pm

Saturday, June 10, 9:00 am – 1:00 pm

Saturday, August 12, 9:00 am – 1:00 pm

Saturday, September 9, 9:00 am – 1:00 pm

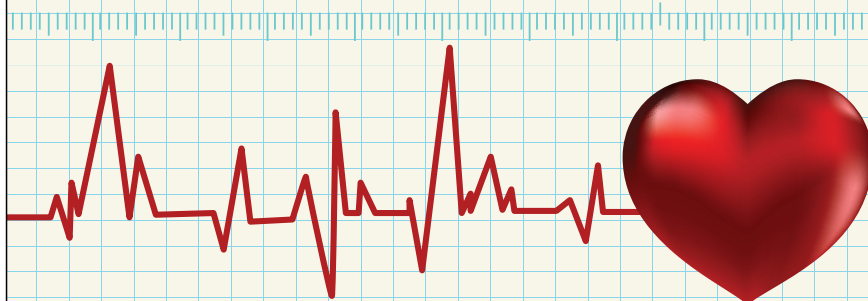
Saturday, November 18, 9:00 am – 1:00 pm

As you read this, I am sure you have many questions about Parents Forever™. Parents Forever™ is an evidence-based course that educates parents going through separation or divorce. They learn how to co-parent in a healthy way, minimizing stress on themselves and their children. Let's take a look at what participants learn from the course, who should attend the course and why:

What Will I Learn From Parents Forever™?

- The impact of divorce on children at different ages
- Ways to reduce conflict and keep children out of the middle
- How to make informed, child-supportive decisions during transitions such as separation and divorce, resulting in healthy children and positive parent-child relationships

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Who Should Attend Parents Forever™?

- Parents experiencing a family transition such as separation or divorce
- Parents who are considering separation/divorce and who would like to learn more about the impacts on their family
- Parents who are divorced and experiencing challenges with co-parenting
- Never-married parents who do not live together but want to strengthen their co-parenting efforts

Why Should I Attend Parents Forever™?

- Learn valuable skills to reduce effects of divorce or separation on their children and themselves in 4 hours
- Available in-person, virtually, or online
- Customized for North Dakota parents

experiencing divorce or separation

- Recommended by the North Dakota Supreme Court and North Dakota Bar Association
- A certificate will be made available upon completion of class

The impacts of Parents Forever™ have been very positive. In participants who have taken the course, we are seeing more voluntary settlements of disputes and a greater likelihood of settling future disputes. Children whose parents have taken Parents Forever™ courses experience less distress and build stronger relationships with their parents.

For more information on Parents Forever™ or to sign up for a class, contact NDSU Extension Stark/Billings County at 701-456-7665. More information is also available at [www.ndsu.edu/agriculture/parentsforever](http://www.ndsu.edu/agriculture/parentsforever). Take care! ■

## WHERE BUSINESS GOES TO GROW

# Life's greatest teacher

By Matt Ellerkamp, Business Advisor, SBDC



Fear drives us all in one direction or another. What is fear? Fear is an unpleasant often strong emotion caused by anticipation or awareness of danger. Failure is something we will all experience and is defined as a lack of success or the inability to meet an expectation.

What does fear of failure do to people? Fear tends to propel people to do one of three things: flight, fight or in-action. In other words, our instincts will cause us to run from our problems, fight without thinking, or leads us to becoming immobilized with a propensity towards

Business owners are forced to make decisions with limited knowledge, time, finances and ability. Lessons learned by trying and potentially failing can be valuable and wisdom comes from these experiences. Don't let fear hold back that growth. Failure is life's greatest teacher and in business it is no different.

Fear has been a topic of importance since the beginning of time. Just read the opening book of the Bible, Genesis and you will read about Adam and Eve fearing being seen "all natural" for they had sinned, made mistakes and failed. Fear is in our DNA.

*"Don't let the fear of striking out hold you back" - Babe Ruth*



indecision.

What does fear of failure mean for business: a business owner fears the unknown. Failure is a common experience in business, but fear of it doesn't need to be a defining characteristic. There are many causes for the fear of failure, some common fears are: losing money, inability to compete at high level, confrontation, competition and being seen as incompetent.

The fear of failure can control people. If a person asks for help or doesn't know it all they can be seen as weak, incompetent, or not financially savvy. This couldn't be further from the truth.

*"We have nothing to fear, but fear itself"*  
- President Franklin Roosevelt

*"Be Not Afraid" - Pope John Paul II*

*"Success is not final, failure is not fatal: It is the courage to continue that counts."*  
- Winston Churchill

Fear does not have to define or control us. It isn't wise practice for entrepreneurs to bull-rush their fears, run away from business problems, or not make decisions. When fear and anxiety are in control, people tend to make emotional based decisions and often those are poor

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decisions. Rather, use your mind to make educated and informed decisions.

At the Dickinson Small Business Development Center (SBDC), we are big fans of having a plan. We believe a plan will provide a better chance of success. When analyzing a business decision, literally writing down the problem, the pros and cons and looking at the financial impact of those decisions is not only critical, but prudent and wise. A business can't tell the future but having a plan to guide and mark your course is worth the time and effort. It allows the entrepreneur to go forth boldly, with confidence because they are more informed.

The Dickinson SBDC provides "No-

Cost and 100% Confidential" business advising. Eliminate the fear of losing money or being seen as uneducated, and avoid other people's negative perceptions that you are struggling or need help. We specialize in advising business owners in making informed decisions by developing business plans and smart financial statements and projections.

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

**HEALTH****Neuroinflammation**

By Steve Irsfeld

Inflammation is a natural response, and mild inflammation is beneficial as it is a part of our immune response. When we don't have inflammation, we lose our body's ability to fight things off. Chronic inflammation, however, is a big problem because, if left unchecked, it can eventually lead to neuronal dysfunction, injury and death of the nerve.

Therefore, you need to look at your diet and seriously consider making changes.

The two dietary changes that can potentially have the most significant impact are to remove gluten from your diet and to minimize or remove refined carbohydrates and sugars, as they are sources of inflammation.

Supplementation can be beneficial as well. Designing a supplement regimen is twofold, first is to supplement the gaps in your diet that are not being addressed by your dietary intake. The second aspect of supplementation is to target specific conditions with appropriate nutrients



There are many causes of neuroinflammation, including bacteria, virus or fungus, toxins, traumatic brain injury, neuronal degradation from aging or stress, and autoimmune conditions.

The ringleader of the neuroinflammatory process is microglial cell activation. Microglia are activated in response to neural injury, and in the process, they generate reactive oxygen species, which can eventually cause cellular damage. Chronic activation can subsequently lead to a condition known as leaky brain, meaning the blood-brain barrier can allow circulating blood components into the brain space leading to further increase in microglial activation and inflammation.

Some of the symptoms of neuroinflammation include brain fog, inability to handle stimulations like crowds or noise, lack of sleep, chronic fatigue, and brain fatigue. These symptoms are the direct effect of microglial activation and play a role in many disease states.

If you have determined that you possibly have neuroinflammation, there are options to consider when addressing the inflammation. The first thing is to take a look at your diet. You have heard me say that "you can't out drug a poor diet," meaning if you are eating poorly, there isn't a drug that can fix the problem.

to gain a benefit, and in this instance, the target is neuroinflammation.

The most common nutrients that a person with neuroinflammation can take are methylated vitamin B12, Omega 3 fats or fish oil, methyl folate, and vitamin D3. The beauty of these nutrients is that they can all be tested to ensure your levels are adequate even after supplementation, making sure you are getting the necessary amounts of each recommended nutrient.

The last tool I will recommend in treating neuroinflammation is one that I have spoken about in other articles. It is a prescription known as low-dose naltrexone or LDN. LDN can block toll-like receptor 4, which, when activated, starts the process of neuroinflammation by stimulating microglial activation, and the process begins. Stopping this from occurring has shown benefits in many of the conditions listed above. LDN is extremely safe and has helped many patients in our practice.

If you want more information on neuroinflammation and help with a protocol, stop in or call the pharmacy at 701-483-4858 to set up a consultation. Please visit my website at [www.irsfeldpharmacy.com](http://www.irsfeldpharmacy.com) to view this and other health-related articles in the blog section. Until next time, be vigilant about your health! ■

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# DICKINSON MUSEUM CENTER

## North Dakota vs. Adolph Lehmann - The case develops, Part 2

By Bob Fuhrman

When the Coroner's Inquest found that Mathias Wetzstein "came to his death from a gun in the hands of Adolph Lehmann" the machinery of the North Dakota courts began in earnest. Directly after the shooting Lehmann fled the scene but then turned himself in to Marshal Hecht of Taylor who turned him over to Sheriff Hartung for lodging in the county jail at Dickinson. On May 24 Lehmann appeared before Justice of the Peace A. P. Folsom to hear States Attorney Henry A. Burgeson swear out a murder complaint, upon said complaint then did Folsom issue a formal arrest warrant. Lehmann was fully informed of his rights and then committed to the keeping of the Sheriff.

The docket entry continues on May 28 "when counsel for the State and for Defendant consented and agreed to take up this case for examination on June 4." On that date Burgeson appeared

for the State and Leslie A. Simpson and Benjamin Rigler appeared for the Defendant. A stenographer was then summoned to transcribe testimony which was taken from Dora Darling (Wetzstein's mother-in-law who witnessed the shooting), Charles C. Hill (who took down Wetzstein's deathbed statement) and Coroner A.D. Davis who conducted the inquest. The defense did not call any witnesses. Though we do not have a copy of the testimony, it was reported that Darling, Hill and Davis relayed much the same story as was carried in the Press' coverage of the inquest at the Darling house.

A later Press report on Lehmann's appearance before Folsom included further details of Darling's testimony in which she revealed Lehmann had visited her home the night before the shooting, asking "Is that man here who wants to kill me?" Answered in the



negative Lehmann left. Darling said Wetzstein was bitter toward Lehmann who "had not discontinued his attentions to her daughter, even after the latter's marriage, and (Lehmann) had appeared jealous." In response, Wetzstein was "bitter against Lehmann" but she'd never heard him make any violent threats, Wetzstein declaring "that if he was ever molested by Lehmann that he would not use a gun, but would rely on his fists. It was also brought out by Darling's testimony that Lehmann said if Wetzstein bothered him he (Wetzstein) would never lay a hand on him (Lehmann)."

During the testimony "Lehmann sat like a graven image...(the) only sign of emotion...being when he was greeted by his father and sister (who) clung to him, weeping..." The account ends with the Press indicating all was not well with the family, it being "a house divided against itself," with the father, sister and one brother standing with Adolph "while two brothers have expressed themselves as being indifferent to his fate...One brother...even stated that he would buy a rope to hang him."

After hearing the three witnesses Folsom's docket entry tersely concludes:

It appearing to me that the offense in the complaint mentioned to wit: murder in the first degree has been committed and that there is sufficient cause to believe Adolph Lehmann guilty thereof I order that he be held to answer to the same.

While the legal process quietly ground on, citizens of Richardton gave vent to their feelings regarding the accused, which the Press covered in some detail in its June 6 edition:

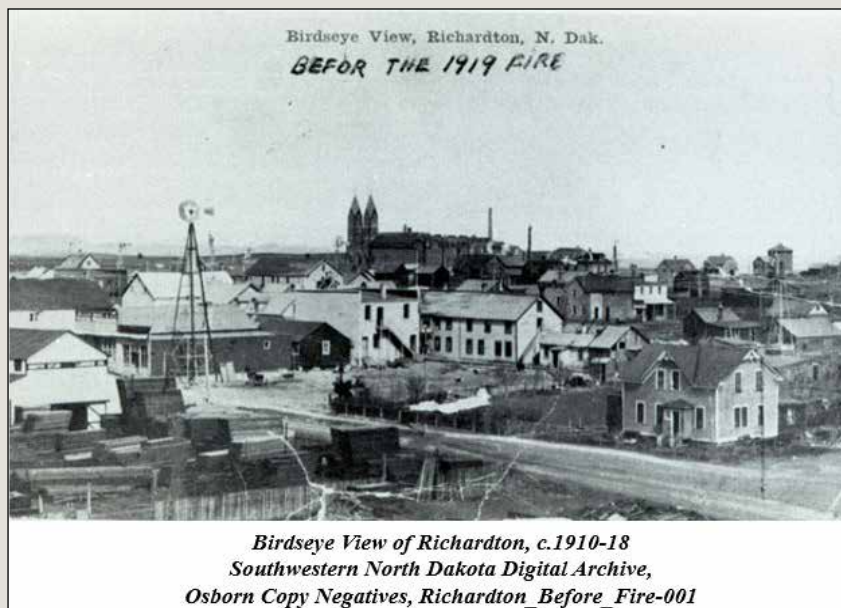
Citizens of Richardton, aroused by a report that Adolph Lehmann, slayer of Mathias Wetzstein, was to be admitted to bail, his week circulated a petition in that locality, protesting against such a course.

The petition declared "Lehmann is a menace to the community, and broad hints are dropped that there is danger of a lynching bee if he regains his freedom under bond." Seventy-three signatures were affixed to the document, each named by the Press. States Attorney Burgeson vowed the state would fight any effort to secure bail and declared the case would be vigorously prosecuted to the fullest extent of the law.

The Press added several "Richardton citizens are bitter in their denunciation of Wetzstein's slayer" and that more than a dozen men claimed he had made threats against them and accuse him "of sharp practice in the conduct of his ranch, asserting that much missing stock has been traced to his place...they declare that he allowed no one on his farm, and had given orders to his hired men to keep away visitors, at the point of a gun if necessary."

Besides the petition, the story reported that Lehmann's father Carl, in

*Continued, next page*





*Continued from page 16*

from the Twin Cities, had appealed to the court to summon Sheriff Hartung to appear and show cause why he (the father) should not be allowed into the jail to consult with his son. The sheriff did indeed appear before Judge Crawford and the senior Lehmann's request was denied, "after a stormy session." There followed explanation that Hartung was taking every precaution to guard both Lehmann and Mike Chumick, also under arrest for murder. No one except the men's lawyers were allowed to visit the prisoners owing to Hartung's concern over a weapon or other contraband being smuggled in, and the Sheriff's further worried over "the morbidly curious, who would certainly flock to the jail to view the prisoners if they could gain admittance."

In a Dickinson Press article in advance of his June 18 arraignment in district court, Lehmann was described as beginning to weaken, "his attitude of callous indifference, assumed after his crime, giving way at times to periods of lamentation, though he apparently shows little remorse for his deed." However, at the arraignment itself "Lehmann appeared cool and collected when brought into court, and made



**Sheriff Teddy N. Hartung  
Hartung was Lehmann's host  
at the Stark County Jail and  
served subpoenas for the trial.  
Southwestern North Dakota Digital  
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his answer to the charge in a firm, clear voice..." entering a plea of "Not Guilty." Judge Crawford then ordered a jury be summoned for July 31, the date set for trial.

Outside of Stark County the case found its way into various North Dakota newspapers. Even with the Sheriff's moratorium on visitors the Bismarck Tribune was somehow able to print unattributed lurid tidbits:

Things are not going well with Adolph Lehmann...all night long a cell-mate says Lehmann rolls and tosses, moaning now and again, "O why did I do it? Why did I do it?" ...Mrs. Adolph (sic) Wetzstein, rivalry for whose affections resulted in the killing of her husband by Lehmann, is keeping in the background. She is a grandmother, it is said, old enough to be the mother of either one of her admirers.

Given the Tribune erroneously identified Mrs. MATHIAS Wetzstein, perhaps we should take this reporting with a grain of salt.

Regardless of reporting errors, at this point the wheels of justice were revolving smoothly - 103 days from crime to jury selection seemed to be just about right given the circumstances. But, just when things seemed to be going well, a bump in the road slowed things down a bit, though probably not unexpected by the prosecution. Given the hostility of the Richardton community and the local newspaper coverage of the case, it surely didn't surprise States Attorney Burgeson when the defense asked for a postponement until August 20, at which time a motion for a change in venue was filed and then granted at the opening of the next term of court on September 4. The trial was then set for the January 1918 term of court in Beach, county seat of Golden Valley County.

Then, on October 16, through the efforts of chief defense counsel Simpson, Lehmann was finally granted bail in the amount of \$20,000 (nearly \$400,000 today), his brother Paul and brother-in-law George Bahnemann acting as bondsmen. In the same article announcing his release the Press carried this heretofore unseen tidbit:

...immediately following the shooting Lehmann declared that he had lived in fear of Wetzstein for several months, who, he asserted had threatened to "get"



### CARL LEHMANN FAMILY

*Patriarch Carl and his wife Agnes are seated side by side. Paul Lehmann, who acted as one of Adolph's bondsmen is seated at extreme right. Standing between her mother and father is Agnes ('Lala') whose husband George Bahnemann also signed Adolph's bond. Adolph Lehmann was the youngest child of Carl & Agnes and is probably the boy standing between Carl and Paul*

*From: 75th Anniversary Jubilee 1883-1958: Richardton, North Dakota, page 143*

him at the first favorable opportunity. Trouble between the two is said to have developed over...the wife of the murdered man...a woman nearly a score years older than either the slayer or his victim.

Considering the Press' enthusiastic coverage of the Richardton citizen's petition against bail directly after the killing, it seems strange that the paper ventured no comment on Lehmann's release, though, like other papers around North Dakota, they felt compelled to once again mention Mrs. Wetzstein was older than the two men who vied for her affections.

After posting bail Lehmann seems to have kept a low profile. No mention of the impending case was found in the Press until just before the court term began on January 15. Along with the obligatory retelling of the case's background it was mentioned that North Dakota Attorney General "Wild Bill" Langer might 'sit in the case,' though that did not come to pass, State's Attorney Henry Burgeson would be assisted by his associate Tobias D. Casey and Beach attorney Clement L. Waldron.

Also noted in the run-up to the trial was an affidavit alleging prejudice on

the part of District 10 Judge Crawford who would have normally sat in Golden County for the January term (district judges rotated through the counties within their district; District 10 included Stark, Golden Valley and five other counties in 1918). Crawford, who had easily granted the earlier petition for a change in venue, dealt with the affidavit of prejudice with aplomb, simply trading with Judge William Nuessle of District 6 who was set to preside over the January term in Morton County. These decisions by Judge Crawford, who had sat the bench in District 10 since 1909, demonstrate his awareness of ensuring Lehmann was afforded a trial in which no charge of bias could be leveled against the court, thus lessening grounds for appeal should a guilty verdict be returned by the jury.

The article that announced Judge Nuessle would be on the bench also noted that Stark County Sheriff Hartung and his deputies were busily working on the case summoning witnesses to appear, to the number of fifty or slightly more.

*Next Month - North Dakota vs Adolph Lehmann - The Trial ■*

**COMMUNITY**

**Computer Coding Camp for Girls**

Girls from southwestern North Dakota entering 10th and 11th grade in the fall of 2023 are invited to participate in a FREE computer coding camp the week of June 4 through 9. Camp will be held at Dickinson Middle School. Camp kicks off with an introduction to how computers work, coding software, peripherals, and electronic circuits. Campers will use Chibitronics products that blend circuit building and programming with arts and crafts. Campers will create circuits on paper using copper tape and LED lights.

Campers will also use the Adafruit Playground Circuit Express to continue coding and downloading to a physical device. Campers' complete tutorials on block based coding and downloading the code to the device. The Playground Circuit Express device is used when you want sensors, buttons, and touchpads to trigger events like lights and sound, as well as an infrared (IR)



transmitter and receiver to create interactive games. In addition to the above activities, campers will create an account on code.org where they can engage with Interactive Animations and Games. Campers will be able to continue their coursework online through their CS Discoveries program account at @www.code.org. Each camper will keep their camp computer to make sure they have access to their Code.org account.

The Coding Camp for Girls is hosted by Women Empowering Women in collaboration with the Roughrider Area Career and Tech Center (RACTC). Funding for the Camp came from a "Students Preparing for Nontraditional Fields" grant from the North Dakota Career and Technical Education program.

The course is FREE. Registration is limited to the first 16 campers. Girls from any southwestern North Dakota school are welcome. Register with Ronda Shauer at ronda.shauer@k12.nd.us or 701-928-1676.

Women Empowering Women is dedicated to the collaboration of women to meet needs and helping women become the best versions of them self. To learn more see <https://wewnetwork.org>.



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## COMMUNITY

# SWND nonprofits are ready for Giving Hearts Day

By Ted Uecker, WRHS Foundation

Twelve area nonprofit organizations in southwest North Dakota are ready for their Annual "Giving Hearts Day" fundraising efforts. Giving Hearts Day is a 24-hour online fundraiser for over 575 nonprofits in North Dakota and Western Minnesota. All the excitement takes place the second Thursday of February – this year it happens on Thursday, February 9th!

Giving Hearts Day began in 2008, when the Dakota Medical Foundation and Alex Stern Family Foundation saw a need to foster educational growth for nonprofit organizations in our area. The Impact Foundation was then formed to help nonprofit organizations promote their campaigns online, network with other nonprofits and attend regular coaching sessions by trained fundraising professionals. Historically, Giving Hearts Day has raised over \$138 Million the last fifteen years! Last year was the best so far, with over 41,000 donors helping nonprofits raise \$26.6 Million!

Twelve area nonprofits are members of the Impact Foundation and have banded together to share the good news about Giving Hearts Day and the good work that each contributes toward their mission. The twelve area nonprofits in the Southwest North Dakota Giving Hearts Consortium include: West River Health Services Foundation, Sunrise Foundation, Home On The Range, Benedictine Living Community, Badlands Ministries, Camp ReCreation, Best Friends Mentoring, Assumption Abbey, USpireND, Dickinson Public Library Foundation, Jacobson Memorial Hospital Foundation and Chasing Horses Wild Horse Advocates.

West River Health Services Foundation provides fundraising and development services for West River Health Services and Western Horizons Living Centers in Hettinger, Bowman, Mott, New England, Scranton and Lemmon, SD. This year for Giving Hearts day they are raising funds for

their "Healthcare Heroes Endowment Fund," where the interest will be utilized for significant academic loans for college upperclassmen pursuing a healthcare degree, signing bonuses for top-priority positions and bonuses for current healthcare heroes. Onward!

Sunrise Foundation provides financial assistance and support to all aspects of healthcare in their service area (Bowman, Slope, Harding and western Adams Counties). Their Giving Hearts Day gifts will be used for assisting all areas of their community healthcare system, including physician recruitment, ambulance services, loan repayments and healthcare scholarships.

Home On The Range offers help and a healing environment for abused or neglected teenage boys and girls. They are located in Sentinel Butte, ND. The donations from Giving Hearts Day this go round will be used for therapeutic and treatment programs.

Benedictine Living Community is a faith-based ministry of senior living caring located in Dickinson. They are guided by their distinct set of core values: hospitality, stewardship, respect and justice. They are committed to providing for the underserved and those in need.

Badlands Ministries is a Christian camp and retreat center operating in the Badlands of ND since 1928. In addition to providing summer camp programs and year-round retreats for youth and adults, they also host many guests for family reunions, weddings and ministry retreats. No child is ever turned away from camp for financial reasons. They welcome all generations to be renewed in Christ and strive to bring faith to life. A donation on Giving Hearts Day is a gift of camp to an area youth when they need it most, many times changing lives.

Camp ReCreation is a summer camp dedicated to serving people with intellectual and developmental disabilities. Located in Richardton,



this life-changing experience instills endless quality values in those who participate and volunteer. Giving Hearts Day gifts will help Camp ReCreation touch hearts through fun-filled weeks of learning, loving and living.

Best Friends Mentoring is a nonprofit mentoring program under the supervision of the Western Wellness Foundation. They serve area youth (age 6-16) who would most benefit from an additional source of guidance. Each mentor is a role model who dedicates one hour each week to offer consistent guidance, friendship and encouragement.

Assumption Abbey in Richardton is a place where God, prayer, work, service and community are central. The Benedictines gather to pray five times during the day for those who need prayers. The monastery and grounds are a place of peace, serenity and hope for all who come. Giving Hearts day donations will be utilized for those who need immediate assistance and to enhance the grounds, gardens and lawns.

USpireND's, Healthy Families of ND program, joins parents on their journey to provide safe and healthy lives for their children. USpireND provides people who will listen to your unique story and support you on your parenting journey. Funds from Giving Hearts day help to continue providing these vital services at no cost to families. After all, every family deserves to not just survive, but to thrive.

Dickinson Public Library Foundation believes the public library is a vital resource to the community, as well as

offering the opportunity to preserve its past, empower its citizens and inspire its future. Gifts from Giving Hearts Day will be used to further this mission.

Jacobson Memorial Hospital Foundation supports Jacobsen Memorial Hospital Care Center and its clinics in Elgin, Glen Ullin and Richardton in their vital, lifesaving mission. Gifts from Giving Hearts Day will be used to construct a covered outside emergency entrance to the hospital and begin emergency room renovations.

Chasing Horses Wild Horse Advocates (CHWHA) supports the proper management of the wild horses of Theodore Roosevelt National Park to ensure that this herd continues to survive and thrive for generations to come. With the Park's recent announcement to eliminate the entire herd of horses from the park, the CHWHA's Giving Hearts Day Campaign will be used to help fight for the freedom of all 185 horses currently in the park.

All of these nonprofit organizations in southwestern ND are trying to help their communities in their own unique ways. We hope you will consider a gift of \$10 or more to one or more of these nonprofits on Giving Hearts Day. Just go to [givingheartsday.org](http://givingheartsday.org) and search for the organization(s) you'd like to support. If you'd like to "schedule a gift" ahead of Giving Hearts Day, you can go to the same website and select "Schedule a Gift" between now and February 9th. Of course, you can always give any time to any nonprofit organization. We are all grateful. ■

**COMMUNITY**

**Teen Dating Violence Awareness Month**

February is Teen Dating Violence Awareness Month. Teaching teen dating safety is more than discussing the “birds and the bees.” It also involves teaching teens respect, communication skills, and spotting red flags before problems escalate. According to DL2.org , youth who experience dating violence can develop a lifelong pattern of unhealthy relationships. A 2019 survey conducted by the CDC found that 26% of women and 15% of men experienced dating violence before they turned 18.

D2L.org lists the following topics to discuss with your teen:

- Sex and Relationships: Reiterate your family’s beliefs about the way you love and respect others. Teach your teens about healthy sexual relationships, but also emotionally healthy relationships. Be sure to approach this conversation lovingly, curiously, and open to discussion.
- Consent: Asking for and receiving consent is key! Consent is affirmative permission to do something. It’s not permanent permission- teach your teens that they can revoke consent at any time,



and that consent needs to be present for every activity.

- Respecting Boundaries: If consent isn’t given (for anything), teach your teen to be ok with it. It’s never ok to force someone to do something.
- Clear Communication and Honesty: Empower your teen to make their needs and boundaries known. When a person communicates clearly, there’s no question as to consent, and each partner will be able to truly understand the other’s perspectives.
- Empathy: Empathy is when you identify with another person’s thoughts, feelings, or attitudes. By empathizing with their partner, your teen will learn to look beyond themselves and recognize the other’s needs.

Visit [youth.gov](http://youth.gov) and [loveisrespect.org](http://loveisrespect.org), for conversation starters and resources. If you or someone you know has been the victim of dating violence, free and confidential help is available through the national dating abuse helpline. Visit [youth.gov/federal-links/national-teen-dating-abuse-helpline](http://youth.gov/federal-links/national-teen-dating-abuse-helpline) ■

**Were You Raised by Wolves?**  
Etiquette, manners and beyond! Join Emmy Award-winning journalist Nick Leighton and acclaimed comedian Leah Bonnema, the perfect odd couple, as they try to make the world a nicer, more polite place and offer up practical advice to help you smoothly glide through any situation.

**Let's Learn Everything!**  
Science communicators Ella Hubber, Tom Lum and Caroline Roper share anything and everything interesting. Each episode they teach each other about a science topic, answer a question, and learn about a miscellaneous topic. Whether it's temporal illusions, animals in space, or the history of fan fiction, there's so much out there, so let's learn everything! Join on Discord and follow them everywhere at [LetsLearnEverythingPod.com](http://LetsLearnEverythingPod.com).

**Were you raised by wolves?**

**LET'S LEARN EVERYTHING!**  
with Ella, Tom, and Caroline

**FEBRUARY 9, 2023**

**8-9 AM | STARK COUNTY VETERANS PAVILION**



**SPEAKER**



**SHANNON HALVORSON**

OWNER OF BOOMERS BOARDING,  
THE DONUT HOLE,  
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Convention and Visitors  
Bureau  
Dickinson Museum Center  
West River  
Community Center  
Edgewood Hawks Point  
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Dan Porter Motors  
High Plains Dental  
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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  
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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  
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### HEBRON

BassAckward Studios

### BELFIELD

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City Hall

### MEDORA

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Sunday 11:00am - 7:00pm

## COMMUNITY

### KC Family of the Month

Aaron and Leslie Praus were selected as family of the month January 2023, by KC council 6308. They were married August 31, 2019 at St. Joseph Church in Dickinson. They have two children Ronan, and Rylin.

Aaron serves as an usher, and is a member of the finance committee, at St. Joseph's. Server of the month for January 2023 is Isabelle Wock. She is daughter of Jason and Roberta Wock.

Congratulations to all those recognized by KC Council 6308. ■



## HEART RIVER VOICE | FEBRUARY 2023

# Calendar

**ONGOING IN FEBRUARY**  
**DICKINSON AREA PUBLIC LIBRARY** Ongoing activities and events at the library. Visit [dickinsonlibrary.org](http://dickinsonlibrary.org) for up-to-date information and more fun activities that may require sign-ups. See article, page 4, for more detail.

**NOW THRU FEBRUARY 18**  
**BADLANDS ART ASSOCIATION PRESENTS PHOTOGRAPHY EXHIBITION** 2-5PM Wednesdays-Saturdays. See article, page 7, for more info.

**FRIDAY FEBRUARY 3**  
**FREE FAMILY MOVIE 4PM** DC League of Super-Pets. One free bag of popcorn for each attendee. Bring your own drink! Rated PG; 100 minutes. Dickinson Public Library.

**FEBRUARY 3-5**  
**TRINITY CATHOLIC SCHOOLS MARDI GRAS** Fun for the whole family - food, midway games, entertainment, bingo and more. See ad on back cover for more information.

**SATURDAY FEBRUARY 4**  
**6TH ANNUAL VALENTINE'S DAY CRAFT & VENDOR SHOW** 9AM-4PM Come support local vendors & artists and do some Valentine's Day shopping! Enjoy a hot latte and a treat from our host Immovable Ministries while you shop. Biesiot Activities Center, 398 State Ave N.

**COFFEE WITH THE LEGISLATORS** 10AM-12PM Be a part of the conversation! Join your fellow community members as they discuss important issues with local legislators. We intend for Districts 36, 37

& 39 to be represented. Dickinson Area Public Library.

**MONDAY FEBRUARY 6**  
**ADULT CRAFT CLUB 6PM** Beaded Snowflakes Crafty people unite! Advanced and beginners are welcome. Craft supplies are provided or bring your own current project. For ages 18 and over only! Community Room, Dickinson Area Public Library.

**THURSDAY FEBRUARY 9**  
**GIVING HEARTS DAY** Giving Hearts Day is a 24-hour online fundraiser for over 575 nonprofits in North Dakota and Western Minnesota. Go to [givingheartday.org](http://givingheartday.org) to participate. See ad, next page, and article, page 19, for more information.

**START-UP YOUR DAY 8-9AM** Opportunities for current and aspiring entrepreneurs and entrepreneurial resources to network. See ad, page 20, for more info on speaker. Stark County Veterans Pavilion, 801 5th Ave W.

**SATURDAY FEBRUARY 11**  
**COFFEE WITH THE LEGISLATORS** 10AM-12PM Be a part of the conversation! Join your fellow community members as they discuss important issues with local legislators. We intend for Districts 36, 37 & 39 to be represented. Dickinson Area Public Library.

**SWEETHEART BINGO** Sweetheart BINGO! 2PM Bring your sweetheart or come stag to the Chateau de Morès Interpretive Center for a spirited game of BINGO! Take home a blind date prize and even take a chance on the grand prize. Sponsored by the Chateau de Morès and the Friends of the Chateau. "We hope to see you there!" More info or questions, call Anna @ 701.623.4355. Chateau de Morès Interpretive Center, 3426 Chateau Road Medora.

**CABIN FEVER BENEFIT** 4PM Hosted by the Dickinson Roughrider Commission, this evening provides lots of reasons to get out of the house - silent auction, live auction, dance, lots of food and more. Share the evening with your friends! Held at Dickinson Eagles Club. See ad, next page, for more info.

**TUESDAY FEBRUARY 14**  
**FREE BLOOD PRESSURE SCREENING 8AM-12PM** February is American Heart Month. Know your numbers! Free screening on a walk-in basis. CHI St. Alexius Health Dickinson, 2500 Fairway St.

**THURSDAY FEBRUARY 16**  
**AGRICULTURE LIVESTOCK FORUM 5PM** See ad, page 27, for more info.

**SATURDAY FEBRUARY 18**  
**COFFEE WITH THE LEGISLATORS** 10AM-12PM Be a part of the conversation! Join your fellow community members as they discuss important issues with local legislators. We intend for Districts 36, 37 & 39 to be represented. Dickinson Area Public Library.

**MONDAY FEBRUARY 20**  
**FREE BLOOD PRESSURE SCREENING 12-4PM** February is American Heart Month.

6th Annual  
*Valentine's Day*  
 Craft & Vendor Show

Crafts & Vendors  
 Coffee  
 Concessions

February  
 4th  
 9am to 4pm

Biesiot Activity Center  
 398 State Ave N  
 Dickinson, ND 58601

IM

Know your numbers! Free screening on a walk-in basis. CHI St. Alexius Health Dickinson, 2500 Fairway St.

**TUESDAY FEBRUARY 21**  
**STARK DEVELOPMENT CORPORATION'S ANNUAL MEETING** 11:45AM Meeting is open to the public, but you must register by February 10. See ad, page 25, for more info.

**FEBRUARY 20-24**  
**PRESIDENTS DAY SALE**  
 Stop by Blu Haven Spas LLC during their week-long sale to find the spa of your dreams! For more information, call 701.227.0601. 1661 1-94 Business Loop E.

**SATURDAY FEBRUARY 25**  
**COFFEE HOUSE 2PM** Join your friends at the library for an afternoon of classical music, beverages and treats. Enjoy a Medici TV musical performance. Dickinson Public Library.

**MONDAY FEBRUARY 27**  
**OFFICIAL LIBRARY BOOK CLUB (18+)** 6PM Discussing How to Stop Time. The next month's title will be made known at each meeting. Community Room, Dickinson Area Public Library.

RONALD MCDONALD

# CABIN FEVER

BENEFIT

Hosted by the Dickinson Roughrider Commission

**FEBRUARY 11<sup>TH</sup> - 2023**  
**EAGLES CLUB, DICKINSON, ND**

SOCIAL 4PM • SILENT AUCTION: UNTIL 7PM  
 BEEF BBQS SERVED AT 6PM  
 DANCE TO FOLLOW AUCTION WITH MUSIC BY **E-2 STREET**

LIVE AUCTION - ROSS GLASS (G&G AUCTIONEERS)  
 MIDNIGHT BREAKFAST (PANCAKES, SAUSAGE, SCRAMBLED EGGS)  
 RAFFLE DRAWING LATE EVENING

SOBER RIDE: NIGHT RIDE 10PM - 2AM

Scan the QR Code to get all the details at your fingertips.

**Raffle Prizes**

1 <sup>ST</sup> PLACE \$3,000 <sup>00</sup>	5 <sup>TH</sup> PLACE TIKKA (EX. .470 CALIBER RIFLE)
2 <sup>ND</sup> PLACE \$1,500 <sup>00</sup>	6 <sup>TH</sup> PLACE 1/4 BEEF CUT AND WRAPPED
3 <sup>RD</sup> PLACE RUGER 6.5 CREEDMOOR CAMO "SO WILD" EDITION RIFLE	
4 <sup>TH</sup> PLACE BIRMINGHAM 790 303 343 CALIBER RIFLE	

**Tickets - \$10 Admission**  
 Advance Tickets are available from Roughrider Commission Members, Dickinson Eagles Club, and Cabin Fever Committee Members.

**Be counted as a Giving Heart on**

**FEBRUARY 9 Giving Hearts Day**  
 24-hour online fundraising event

To make a secure online donation to one or more of the charities go to:

**givingheartsday.org**

**Support these SW North Dakota charities:**

- Assumption Abbey, Richardton, ND
- Badlands Ministries, Medora, ND
- Benedictine Living Community, Dickinson, ND
- Best Friends Mentoring Program, Dickinson, ND
- Camp ReCreation, Inc., Richardton, ND
- Chasing Horses Wild Horse Advocates, Dickinson, ND
- Dickinson Public Library Foundation, Dickinson, ND
- Home On The Range, Sentinel Butte, ND
- Jacobson Memorial Hospital Care Center, Elgin, ND
- Sunrise Foundation, Bowman, ND
- USpire ND - Healthy Families, North Dakota
- West River Health Services Foundation, Hettinger, ND

**Checks are also accepted!**  
 Checks must be dated and received by the charity on or before **Thursday, February 9, 2023!**  
 Your donation goes directly to the charity of your choice!

*Your gift could improve life for so many in our region!*

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Call 701.290.2063 or email [kelley@heartrivervoices.com](mailto:kelley@heartrivervoices.com)

## PIPER'S PALS Pet Name Match

Last month's answers:

A: #2 Luna  
B: #4 Brees  
C: #3 Honey

D: #6 Izo  
E: #5 Coco  
F: #1 Angie

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](mailto:kelley@thejileks.com)



## PAWSITIVELY POPPY Hamburger "Helper"

By Miranda Kuhn

Does your pup ever suffer from upset tummy or trouble with their potty business? Whether your pooch is just under the weather, is taking medical treatments, or has eaten something that has given them a rumbling stomach, there is a way you can help.

Before we adopted Poppy and she was expecting her puppies, she was roaming wild in the oil patch eating discarded gas station pizza, burritos and the odd meal of roadkill. Either way, when we got her, she needed to be de-wormed. The worming medication gave Poppy the most terrible upset tummy and her potty business was, ahem, difficult to clean up. I was given a tip by a long-time dog owner and fosterer to make meals for her from white rice, browned hamburger, and canned pumpkin puree. I gave this as a meal to Poppy twice a day for the few days following her worming, and her digestive issues cleared right up! She still loves this as a meal now and then even when she's feeling tip top shape.



### Hamburger "Helper" for Dogs

1lb hamburger, browned, drained, rinsed  
2 cups cooked white rice  
1-2 cans of pumpkin puree

Mix all together into a consistency you desire, then spoon into a muffin tin and freeze. When frozen, remove from tin and place into a freezer bag to store until needed. Thaw before serving or serve frozen to make it more of a challenge! The pumpkin and rice add fiber to the diet, and pumpkin will also hydrate. Hamburger is an excellent source of protein which is easy for dogs to digest. Note, it is important to drain AND rinse the hamburger before mixing, as you do not want the added fat due to potential for making digestive issues worse. ■



February is American Heart Month

**FREE**  
**BLOOD PRESSURE**  
**SCREENING**



CHI St. Alexius Health  
Dickinson & Beach Medical Clinics  
are offering **FREE** blood pressure screening  
on a walk-in basis.

Tues Feb 14th 8:00a - 12:00p  
Mon Feb 20th 12:00p - 4:00p

**KNOW YOUR NUMBERS!**

Dickinson - 2500 Fairway Street | Beach - 95 2nd Street NW  
701-456-4200 | 701-872-3777





## Ask Alfie

Dear Alfie,

**My family and I recently began raising chickens. We were told that chickens can eat food scraps. Is that true? And if so, is there anything they can't have?**

**Sincerely, Scrappy Chickens**

Dear Scrappy Chickens,

It is true that there are foods in your kitchen which you may share with chickens, but as with all animals, you will want to be sure never to feed them anything without first researching if it is safe.

Some foods that you can safely share with your chickens include most vegetables like carrots, peas, green beans, broccoli, lettuce, kale, and cucumbers. Chickens also enjoy fruit like apples, strawberries, blueberries, and watermelon. When feeding fruits with seeds (such as apples and pears) or pits (such as peaches, cherries, and plums) it is important to first remove

the seeds and pits. This is because they contain small amounts of cyanide which can be fatal.

Foods to avoid sharing with your chickens altogether include: raw potatoes and potato peels, avocado pits and peels, rhubarb and rhubarb leaves, green potatoes and tomatoes, undercooked or dried beans (especially kidney beans), salty or greasy food, and anything that has begun to grow mold.

For a more comprehensive list, be sure to conduct a thorough search online or by asking a poultry care professional.

Sincerely, Alfie

Dear Alfie,

**Why does my cat open his mouth in shock whenever he smells something strong? It is funny to watch, but it has me wondering!**

**Sincerely, Shocked**

Dear Shocked,

Your question is quite a common one! What you are witnessing is something called the Flehmen

Response. This involves drawing back the upper lip, inhaling through the mouth, and holding the position for several seconds. You're right that it can sometimes look like your cat has just smelled something very shocking!

What is physically happening is that your cat is drawing air into an olfactory sense organ which then helps them analyze the scent or taste of an odor they are curious about. It also allows them to detect pheromones which might be present. This gives your cat the opportunity to better evaluate what they have encountered. The Flehmen Response is most frequently witnessed with cats, but many mammals exhibit this response, including goats and



horses.

I hope that helps explain what you're seeing!

Sincerely, Alfie ■

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

## 2023 ANNUAL MEMBERSHIP MEETING



**STARK**  
DEVELOPMENT CORPORATION

**TUESDAY, FEBRUARY 21, 2023**

**11:45 AM**

**PHAT FISH BREWING**

**1031 WEST VILLARD STREET  
DICKINSON, ND**

**THIS MEETING IS OPEN TO THE PUBLIC**

**LUNCH WILL BE SERVED**

**RSVP BY FRIDAY, FEBRUARY 10, 2023**

**ONLINE AT STARKDEV.COM/RSVP2023**

**OR CALL (701) 225-5997**

**MEMBERS RECEIVE ONE COMPLIMENTARY MEAL  
MEALS ARE AVAILABLE BY RESERVATION ONLY  
MEALS ARE NOT AVAILABLE AT THE DOOR**

**SPEAKERS:**

**KURT SNYDER, HEARTVIEW FOUNDATION**

**EMILY DOLINAR, ND HEALTH & HUMAN SERVICES**

WHERE BUSINESS GOES TO GROW

## HEART RIVER GEMS

# Power of 100 Women

By Kaylee Garling



Irene Schafer and Shirley Dukart

Every month we get to celebrate a new person or organization that has made an impact on the community, but this month, we are celebrating a grand achievement for an organization we've already highlighted. On January 23rd, The Power of 100 Women surpassed \$500,000 in donations to local charities. This organization shows the potential of the individual, and when combined with others, how important that potential is. The two founders, Shirley Dukart and Irene Schafer, prove how an idea can grow into something more, something that can do so much good.

It was only seven years ago, in November 2015, when Irene learned about The Power of 100 Women through an article she'd picked up. She presented Shirley with the article, and with their combined efforts and passion, they had their first meeting in April of 2016. They have grown this wonderful idea into an organization that has contributed to Hope's Landing, CHI Health at Home, Amen Food Pantry, Society of St. Vincent, Lutheran Social Services, Little Buddy Foundation, Domestic Violence Shelter, Youth Works, Stark County Veterans Memorial Association, Backpack Program, NDCF, Brave the Shave, Best Friends Mentoring, Friendship Park, Stark County Rural Fire Dept, Dickinson Police Dept K9, Hospice, Able and House of Manna, to name a few.

To be chosen by the organization, a current Power of 100 Women member must nominate the charity. The charity must then be chosen to present to the organization in one of their quarterly meetings and be voted for. If the charity isn't chosen that time, they can still be chosen to present again and possibly be chosen at a later date.

There are well over 200 women (almost 250) who are members, and a majority attend each quarterly event, which is held the 4th Monday of that month (January, April, July, and October) at 6 pm at the Eagle's Club. Anyone is welcome to attend, and there is no attendance requirement. If you decide to become a member and can't make every meeting, it's okay to just send in the quarterly donation for the chosen charities. Donations are only \$100 per quarter.

"There's so much need in this community, and now we are covering around a 50-mile radius," Shirley said. "We donated once to Badlands Ministry and twice to Home on the Range."

"We have given to 31 different charities and there's still a big, long list of charities that haven't received any donations from us. And so, we're still considering them," Irene explained.

"We build our own community," Shirley remarked. "For me, I wasn't even aware of some of these groups. Not only what they are, but who they are and who's involved in what they do. Every one of the presenters are very involved in the community, and every charity that presents is a tearjerker. They all are. It's really hard to pick two of the four who present each quarter. The ones that don't win, their name stays in what we call 'the hat,' and then the selection committee can re-pick them. Sometimes, when a charity doesn't win, our members will say, 'Well, I'm still going to give them money.'"

As for members, Irene expounded, "There are really no rules or anything. It's you come when you can. There are no dues, and you're not in any position where you have to do anything." She further explained, "We do have a committee of about six or seven women that come each time, and they take care of the bill for the munchies, the food, venue and all that. We need people to do the ballot, pick up the checks, etc. So, these girls, they have standing in that committee, it's their game. They do whatever they want. They have a little independence on how they want to handle it. We pass

Heart River Gems is proudly sponsored by



SCAN ME

around a sign-up sheet at each meeting for future committee members, and we get our members to say, 'I'll be on for the April meeting, for the July meeting, etc.' They get their committee together and have a good time planning the next meeting."

"You can come at 5 pm and socialize with hors d'oeuvres, and then we start like clockwork right at 6 pm.," Shirley stated. "We talk a little bit about what's going on, then go right into the presentations. Every presenter gets 10 minutes, and then they have questions for another 5. We try to keep each of the four presentations at 15 minutes each,

so we're done presenting in an hour, because when people ask, 'Well, how long is it?' I say, 'You can come at 5pm, and we're always done by 7:30pm.'"

Getting to share a bit more about this organization this month has been such an enriching experience that has shown how there is power not only in numbers, but also within each individual. Every person matters, and the wonderful charities throughout our community prove just how much they care. This is a great opportunity to learn more, give more, and become immersed in an organization that cares. ■

# Heart River VOICE

**DEDICATED TO HONORING AND SUPPORTING THE ARTS IN OUR COMMUNITY**

WWW.HEARTRIVERVOICE.COM

## GOING POSTAL

### Love 2023

Cats and dogs are two of America's favorite pets, and it is no surprise that connecting with pets has benefits. Pets provide companionship and love; interacting with a cuddly kitten or a playful puppy can reduce loneliness and raise spirits. Some studies have even shown that pets might also be responsible for lower blood pressure, improved heart health and lowered stress.

Evoking feelings of warmth and playfulness, each stamp shows a cute and cuddly animal resting its front paws on a big red heart. Sure to add a bit of whimsy to your valentines, these adorable stamps are also suitable for use on letters and cards throughout the year.

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## or·i·gin Salary

Anyone worth his salt knows the origin of this word. In the ancient world, salt was a precious commodity. Not only did it preserve food, but it could also be used as an antiseptic to cleanse and treat wounds. It was so useful that workers were paid in salt. Hence the word salary comes from the Latin word "salarium" which means payment of salt.

The origins of this word are interesting because it's also from where we get the phrase "a man worth his salt". In other words, a man who has earned his money. ■



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## KUDOS

## Jenna Reddish



Imagine you are a young business owner, endeavoring to make your venture most successful.

More likely than not, hiring a bunch of young women and moms part-time, rather than a few full-time workers didn't make it into your business plan. Perhaps the cultural stigma around mothers in the workplace would give you pause; mothers require too much time off, their kids get sick, their priorities are divided, etc.

Jenna Reddish would stand to prove those beliefs false and explain to you why her business model, centered around honoring motherhood, is not only a noble ideal but a successful strategy.

With her cleaning company, J. LoRae Perfection Services, Jenna aims to primarily hire moms who are in need of higher-wage employment and a flexible schedule.

"I know a job isn't often the primary focus of your life when you are a mom," says Reddish, mother of 4 boys. "I am one. The mom-guilt is real. Saying "no" to them and "yes" to work too often can really shake your confidence. You wonder what vital thing your children might not be getting from you due to your absence; for many stay-at-home moms, finding that needle-in-a-haystack job that is motherhood-friendly can be a real challenge."

Growing up in the Mott and Flasher areas in childhood, Jenna considers herself an ND native, and eagerly returned to ND as an adult. She married a Belfield man and is raising her family here in Dickinson. She designed her cleaning service with more than her own livelihood in mind.

"I want to be a true advocate for motherhood," says Reddish. "When hiring became a necessity to keep up with growth, I finally had an opportunity to put my money where my mouth is."

Hiring moms was the goal from the beginning. Jenna strives to create positions truly curated to mom life.

"I want them to be able to be home when they need to be home, and that doesn't necessarily mean because

someone is sick or hurt, but because presence is important. At the same time, devoting yourself to your family all day, every day can lead to motherhood burnout, and mental health problems—especially if you don't have family in the area. That adult social-cooperative piece can make a world of difference to these women. So, my ladies pick their schedules. 'What do you need?' is a question I ask in interviews. Sometimes it's just one night per week. Sometimes,

an upcoming family vacation means they want a few more shifts. But it's entirely up to them," says Reddish.

Jenna says she has not experienced the turnover other small businesses have seen, nor are her staff working short-handed. "Is it extra work to schedule 6-7 part-time staff with specific availability instead of 2 or 3 full-time with limited say in their schedule? Yes. Is it more expensive to pay them more than double minimum wage? I'd beg to differ. Turnover is expensive. Recruiting is expensive. Onboarding is expensive. Training is expensive. Mathematically, it washes out. I'm offering work that brings home a full-time minimum wage paycheck, working less than part-time hours. This is where the dignity comes in, and they work for it, cheerfully and honestly. The right strategy for the right demographic of workers is the key here and providing an independent income and/or extra contribution to the family finances can really make a difference to these women," she says.

"These women support each other," says Reddish. "One might assume that creating jobs where the emphasis is that the job isn't the most important thing would be death to an organization, but really, it's just honesty. I'm being frank with them and allowing them to be frank with me. I know they're not going to work for me forever. I know this job is most likely a stop gap, or a personal growth move, or a stepping stone—so my job as an employer interested in also serving my employees is to make it the most effective stepping stone I possibly can. When presented this way, they're

simultaneously relieved and motivated. They're also more understanding of each other. There's an extra layer of understanding and team problem-solving when a child spikes a fever or an afternoon little league baseball game goes into extra innings just ahead of the start of a shift."

"They are moms. They are the most responsible people you'll ever hire! It's a win-win, I'm telling you. They get acquainted with the workload, divvy out the tasks among themselves, pop on their music or audiobook, and get after it. In-between clients they celebrate (and commiserate) daily life/marriage/motherhood and congratulate each other on a job well done and the great sweat they worked up. It's just...awesome."

Jenna hopes her strategy will be an inspiration for other small businesses. Honoring women and motherhood as a business owner is making a difference in the lives of the women she employs and their families, building our community in the process.

*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

## ND Community Foundation to host picnic in Arizona

The North Dakota Community Foundation (NDCF) will be hosting the 55th annual North Dakota Picnic at Red Mountain Park in Mesa, Arizona on Sunday, March 5, 2023. The event is a gathering of anyone with North Dakota ties living either permanently or part-time in Arizona. The 2022 ND Picnic drew an estimated 3,000 people.

The event will be held from 10 am to 2:30 pm on Sunday, March 5 at

Red Mountain Park, 7745 E. Brown Road in Mesa. It will feature musical entertainment, a variety of vendor booths, and the opportunity to meet up with old friends. There will be food available for purchase. Attendees are asked to pay \$5 per person at the Registration Table to help defray costs.

Although there is seating available at the park, attendees are encouraged to bring their own lawn chairs. New this year: overflow parking will be in the nearby Red Mountain High School parking lot with golf cart shuttles to the event. For more information, visit [www.NDCF.net/Picnic](http://www.NDCF.net/Picnic), [www.facebook.com/ndpicnic](http://www.facebook.com/ndpicnic), or contact the North Dakota Community Foundation at (701) 222-8349 or [christi@NDCF.net](mailto:christi@NDCF.net). ■

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## COOKING CRAVE

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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

#### Chili

- 1 1/2 lbs. hamburger
- 1 - 15 oz. can diced tomatoes
- 1 - 8 oz. can tomato sauce
- 1 - 15 oz. can kidney beans
- 1 - 15 oz. can chili beans
- 1/2 cup chopped green pepper
- 1 chopped jalapeño pepper (optional)
- 1 can mushrooms (optional)
- 1 large onion, diced
- 3 Tbsps. chili powder

In a large Dutch oven, brown hamburger until no longer pink; add remaining ingredients and simmer for 30 minutes. Serve with corn bread or crackers.



### Homemade Recipes Made Easy! COOKING CRAVE

#### Creamy White Chili

- 1 Tbsp. vegetable oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 1 - 15 oz. can garbanzo beans
- 2 - 15 oz. cans great northern beans
- 1 lb. chicken, grilled and cubed
- 1 - 14 oz. can chicken broth
- 1 - 14 oz. can niblet style corn
- 1 - 4 oz. can green chilies
- 1 tsp. cumin
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 cup sour cream
- 1/2 cup heavy cream

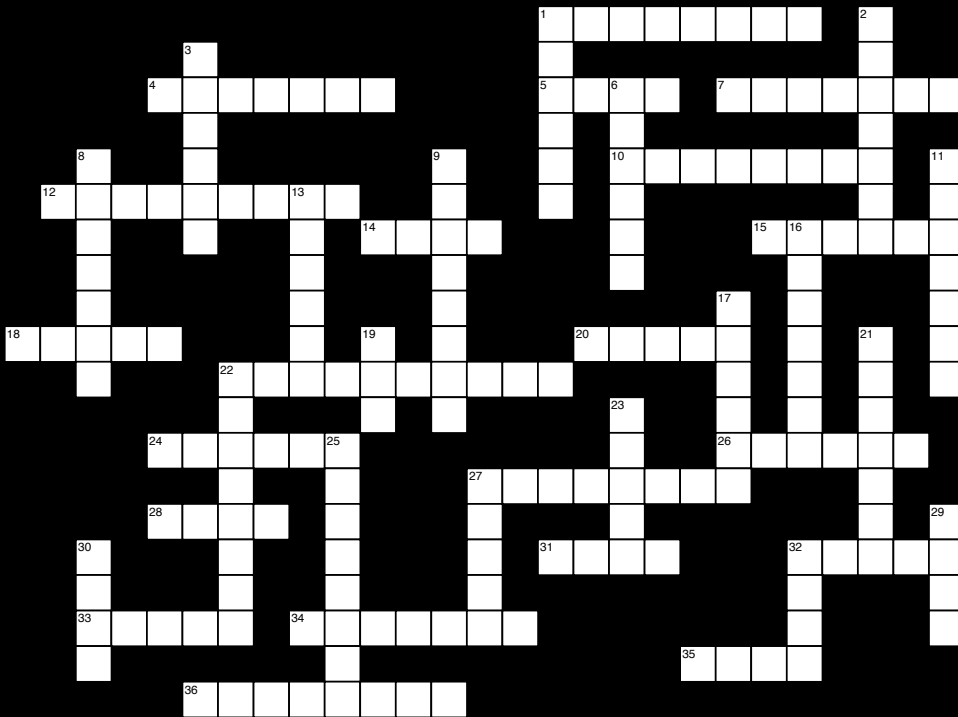
In a large pot, heat oil and sauté onion and garlic; add beans, chicken, broth, corn, chilies, cumin, salt and pepper. Bring mixture to boil. Reduce heat and simmer 30 minutes uncovered. Remove from heat and stir in sour cream and whipping cream. Serves: 6-8



**CROSSWORD**

**I'LL TAKE A PASS** by Carlinka

**++I'll Take a PASS++**



www.CrosswordWeaver.com

**ACROSS**

- 1 ++A secret sign in or phrase
- 4 ++Not active
- 5 "Now!" in a hospital
- 7 ++A voyage by sea or air
- 10 Following orders
- 12 ++A traveler who rides along
- 14 X on a greeting card
- 15 Curry, pepper, cajun et al.
- 18 Signal to pull over
- 20 Andean wool source
- 22 ++Partial sterilization by heat
- 24 ++Decline or reject
- 26 Port city in Russia
- 27 ++A Jewish holiday
- 28 Surrounded by
- 31 Way to serve tea or coffee
- 32 Lose one's cool
- 33 It doesn't pay
- 34 ++Opens two or more locks
- 35 Smallest in the bunch
- 36 ++A composition of selections from different works

**DOWN**

- 1 ++A large quantity or number
- 2 Credit card, informally
- 3 ++A light color or artist's tool
- 6 Indifferent to right or wrong
- 8 ++Land used for grazing
- 9 ++Official document for traveling abroad
- 11 ++Lose consciousness
- 13 Wipes out
- 16 ++Something that diverts your attention
- 17 ++A minister or priest
- 19 Freshly painted
- 21 ++Have strong feelings for
- 22 ++Sucker or lozenge
- 23 Penniless
- 25 ++A highly seasoned smoked meat
- 27 ++Not up to date or past its prime
- 29 Got 100 on
- 30 Fairy tale starter
- 32 ++Something done in former time



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*Last month's puzzle solution*

**++BLUE++**

Solution:



**HOROSCOPE****FEBRUARY 2023** by Hilda De Anza**ARIES**  
March 21-  
April 20  
By end March  
you'll have

resolved confusion and will move in to a more stable situation, especially at home. The good thing about the period to mid-May is that the planet of wisdom and good fortune, Jupiter, is in Aries, which brings enthusiasm and a strong urge to widen your horizons through study, cultural activities and travel. It's also a really good time for engagement in groups, particularly if education is a priority, and especially around the full moon on February 6th.

**TAURUS**  
April 21-  
May 21

Your focus is on your friendships and group allegiances, and you will be highly motivated by idealistic causes. Relationships tend to be undermined by continued insecurity or lack of commitment from partners, who have failed to signal what their intentions are. There is a strong focus on your professional aspirations this month, particularly around the full moon on the 6th. The end of February brings a deeper immersion in your spiritual autonomy.

**GEMINI**  
May 22-  
June 21

This is a happy transition time for you and your mood lightens whilst everything seems more optimistic and fuller of promise. Mid-February is a fantastic time for exploring new horizons through studies, cultural exchange and through travel. The last part of February is a time when things go smoothly. Friendships flourish, and your connection with a special friend who has been in and out of your life in recent months goes especially well.

**CANCER**  
June 22-  
July 22

The greater part of this month is characterized by a sense that you are being looked after by your good angel, and it's a wonderful time for spiritual devotion. On a more practical note February offers the possibility of constructive developments, particularly connected with partnership. The last week of February is the beginning of a highly dynamic period professionally, with the possibility of some good fortune right at the end of the month.

**LEO**  
July 23-  
August 22

For much of February the focus is on relationships to others. It is not about personal recognition right now, but more connected with promoting a group cause. Mid-February is the perfect time for commitment and consolidation in relationships, and it is also the time when the greatest demands are made on you by others. During the final week of the month there is a transition and new trends begin connecting with a need for greater emotional depth and intimacy.

**VIRGO**  
August 23-  
September 22

February it is more about how to channel your creative skills practically in your working life. From the 11th onwards, there are excellent trends for both working and personal partnerships that will thrive. On February 20th there is a new moon in your opposite sign Pisces, which brings a major emphasis on relationships. This is a period which is positive for your love life, and also positive for partnership finances due to daring initiatives and plain good fortune.

**LIBRA**  
September 23-  
October 22

Early-February, you are motivated to help others unselfishly and your caring nature is highlighted. End of February is an excellent period for relationships and a general expansion of your horizons. It is also a time when you meet exciting individuals who want to show you the world and enlighten you about all the possibilities life brings. You are willing to take risks and leap into the unknown, and you have great faith that you will land in a good place.

**SCORPIO**  
October 23-  
November 21

February is a month when you begin to gather steam. Consolidating your home and family life is a major theme for most of February. An excellent period begins for new independent initiatives at work both for you and potential partners, and there is a general period of growing harmony both at home, amongst friends, and in your community.

**SAGITTARIUS**  
November 22-  
December 21

As February begins, there is a focus on relationships. At work this can be exciting and a bit disruptive too, as radical new ideas are implemented, and new connections are made locally and abroad. Around February 20th a new moon brings change at home and in your personal life. This is the beginning of a very upbeat period for you when relationships function well. It's great for love and romance, but it is also an excellent time for communication and education.

**CAPRICORN**  
December 22-  
January 20

You are approaching the end of a phase which gives you a couple of months to complete projects that you have worked on for a few years now. During the course of this month, the Sun conjoins Saturn, and this marks the perfect period for economic partnership. The last week brings several changes - at home and at work. A new trend starts now connected with learning and communication, and this foreshadows a change of trajectory which takes place at the end of next month.

**AQUARIUS**  
January 21-  
February 19

Mid-February is a great time for relationships, when friends and potential partners join forces with you, and when you get things done on your own terms. There has been a tendency for you to needlessly worry in the past, and these thoughts are strong in early February but recede later in the month because there is so much good fortune in your life. Communication gets an extra boost towards the end of the month, when you find yourself in the company of gifted people.

**PISCES**  
February 20-  
March 20

You are very idealistic now, and your welcome mat is out for dreamers and visionaries. In early February you are happy to keep to yourself and your major focus is on initiatives to improve your financial situation. The last part of February heralds a period of good fortune both as regards to money and family matters. It's an excellent period for love and partnership, and at the end of the month material and emotional blessings come your way.

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